



PLAN DETAILS

ANKLES AND TURNS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/ankles-and-turns/>

Check out this week's plan if you notice a lot of hopping or heel dropping in your dancer's turns.

1. One Leg Hip Bridge: 12 reps, 2 times through, each side
2. Slide Reverse Lunge: 12 reps, 2 times through, each side
3. Partner Pistol Squat: 12 reps, 2 times through, each side
4. Straight Leg Hip Flexion: 12 reps, 2 times through, each side
5. One Leg Deadlift: 12 reps, 2 times through, each side
6. Releve Tondué: 8-10 reps, 2 times through, each side

ankles

Core

Glutes

Hamstrings

Turns

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/slide-reverse-lunge/>

PARTNER PISTOL SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pistol-squat/>

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-deadlift/>

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>