



PLAN DETAILS

BALANCE YOUR WEAK SIDE

CATEGORIES: Balance, Power, Strength, Warm Up **LEVEL:** Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/balance-your-weak-side/>

Dancers spend so much time only stretching or working on their strong side because that's where the choreography looks best. Offer them some of these exercises to help them find balance and strength on the weaker side.

1. 12 reps, each side, 3 times
2. 20 reps total, 3 times
3. 10 reps, each side, 2 times
4. 30-45 seconds, each side, 2 times each
5. 10 reps total, 3 times
6. 12 reps, each side, 3 times
7. 12 reps, each side, 3 times

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-leg-lifts/>

LUNGE AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-around-the-world/>

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-side-plank/>