

PLAN DETAILS

SUMMER PRACTICE CIRCUIT

CATEGORIES: Endurance, Partners, Strength, Warm Up

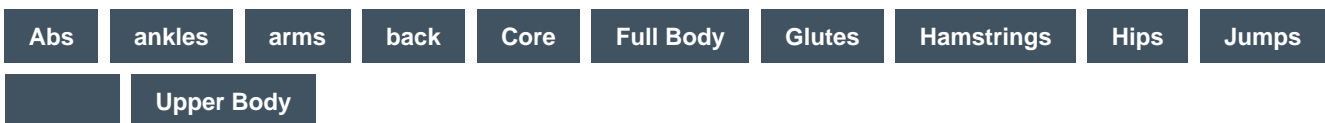
LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/summer-practice-circuit/>

Summer practices are a great time for circuit training because your dancers have plenty of time to recover and get stronger. The exercises in this plan are simple yet effective so they're safe for captains practices too! Do each exercise for 40 seconds and rest 20 between them. Repeat 2 or 3 times!

1. Duck walks
2. Squat High Five
3. Plank leg lifts
4. Fast feet
5. Modified Push up
6. Wide to narrow squat jump
7. Hundreds



DUCK WALK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/duck-walk/>

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

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

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

MODIFIED PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/modified-push-up/>

WIDE TO NARROW SQUAT JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>

HUNDREDS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hundreds/>