

STRONGER RELEVÉ AND BALANCE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/stronger-releve-and-balance/>

When your dancers are dropping their heels in relevé and their legs look slightly bent, try some of these exercises to help them engage and pull up on the whole leg instead of just relying on the calf muscles.

1. 12 reps, each side, 3 times through
2. 12 reps, each side, 3 times through
3. 10 reps, stand to relevé, and repeat, 3 times through
4. 20 reps, 3 times through
5. 10 reps, 3 times through
6. 4 to the side, 4 to the back, for 4 rounds, each side, 3 times through

ankles

Glutes

Hamstrings

Hips

Turns

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift/>

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

NARROW SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

SQUAT SLIDER

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Warm Up

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