



PLAN DETAILS

WEIGHT TRANSFERS AND CONTROL

CATEGORIES: Balance

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/weight-transfers-and-control/>

Weight transfers should be effortless, quick and keep your dancer moving across the floor with control. This circuit will challenge your dancers to come back to their center and keep their weight over the supporting leg, even when getting tired; both essential when shifting their weight in choreography.

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

ankles

Core

Full Body

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend/>

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

LUNGE AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Strength

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

PLANK AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Power

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

LUNGE KICK BACK

LEVEL: Beginner

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

<https://dancer-fitness.com/exercise/lunge-kick-back/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-row-and-twist/>