



PLAN DETAILS

STRENGTHEN YOUR WEAK SIDE

CATEGORIES: Balance, Strength

LEVEL: Beginner

EXERCISE COUNT: 7

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

Are you noticing inconsistencies in your dancer's flexibility, stability or power side to side? Introduce some of these unilateral exercises to promote strength on the right and left, instead of just favoring your dancer's strong side. Do each exercise for 8-12 reps on both sides, and repeat 3 times.

Abs

ankles

back

Full Body

Glutes

Hamstrings

Hips

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

SHIVA SQUAT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

ADVANCED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

LUNGE ROW AND TWIST

LEVEL: Intermediate

CATEGORY: Strength

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

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>