



# PLAN DETAILS

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## 10 MINUTE STABILITY AND BALANCE

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/10-minute-stability-and-balance/>

There's always time to challenge your dancer's balance and stability, knowing they'll need to call on these muscles throughout out any class or routine. Pop this training plan in after you stretch. Set your dancers up for success by doing this barefoot and having them spread out their toes and grip the floor. Try 20 of each on each leg, taking time between each exercise to reset the feet.

1. Straight knee lift
2. One leg hip bridge
3. Leg swings
4. Bowler squat
5. Releve squat walks
6. Knee drive
7. One leg skip

ankles

Glutes

Hamstrings

Hips

Turns

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### 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/>

## LEG SWINGS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

## BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## BANDED HIGH RELEVÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

## KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

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

## ONE LEG SKIP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Warm Up

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