

CONTROL AND STABILITY

CATEGORIES: Balance, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

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

Connecting the upper and lower body will encourage more control and stability for your dancers. Move through each exercise slowly to allow them to feel each movement working together.

1. 10 total, 2 times
2. 10, each side, 2 times
3. 10 total, 2 times
4. 10, each side, 2 times
5. 10 total, 2 times

Abs

ankles

arms

back

Core

Full Body

Glutes

Hamstrings

Hips

Turns

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/slide-reverse-lunge/>

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

