

STRONGER SKILLS

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/stronger-skills/>

Dancer's skills can lack strength when they fail to connect the upper and lower body together as well as not using their body's stabilizing muscles. This training plan will help to do both so when your dancer needs power for a skill, their whole body moves as one. Repeat 1 time:

1. Banded bear walk (10 total)
2. Hip Flexion march (10, each side)
3. Hover Fire hydrants with band (10, each side)

Repeat 2 times:

1. Flutter kick shoulder press (30 seconds)
2. Deadlift floor tap (10, each side)
3. Flutter kick shoulder press (30 seconds)
4. One leg skip (8-10, each side)

Abs

ankles

Core

Full Body

Glutes

Hamstrings

Turns

Upper Body

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

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

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

HOVER FIRE HYDRANT

LEVEL: Advanced

CATEGORY: Balance, Strength

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

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

DEADLIFT FLOOR TAP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap/>

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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