



PLAN DETAILS

ELEVATION ACADEMY OF DANCE

CATEGORIES: Balance, Endurance, Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 12

URL: <https://dancer-fitness.com/plan/elevation-academy-of-dance/>

Hello Kaleigh and Elevation Academy of Dance! Please find your custom training plan below. The exercises I've selected for you will help support your dancer's technique for turns and jumps, as well as increase their endurance. There is a mix of upper and lower body exercises to help with you goal of stronger arms and with more strength in the core and upper body, your dancers will be able to move as one and with more control. Remember you can print this training plan or click on any image to see the instructions. [Here you'll find the full video of each exercise put together.](#) **Warm Up:** Exercise 1: Across the floor (band or no band) Exercise 2: Do for 1 Minute Exercise 3: hold for 30 seconds on each side **Turn Technique / Strength Training:** Exercise 4: 8 on each side E5: 12 total E6: 12 each side E7: 10 each side **Strength and Endurance Circuit:** Do Exercises 8 - 12 Each exercise for 40 seconds, rest for 20 seconds. If you have time, do it twice. Please enjoy! Katie Groven

Abs

ankles

arms

Core

Glutes

Jumps

Turns

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

SPINAL TWIST STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/spinal-twist-stretch/>

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

LOWER AB LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

PASSÉ EXTEND

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

FIGURE 8 ABS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/figure-8-abs/>

LUNGE AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Strength

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

PLANK JACK ROTATION

LEVEL: Intermediate

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/plank-jack-rotation/>

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>