



PLAN DETAILS

MARSHALL HIGH SCHOOL DANCE TEAM

CATEGORIES: Balance, Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 14

URL: <https://dancer-fitness.com/plan/marshall-high-school-dance-team/>

Hello Bri and Marshall High School Dance Team! Please find your custom training plan below. The exercises I've selected for you will help support your dancer's goals of more strength and stamina which will help specifically for turns, kick timing and jump power. The warm up exercises are going to help with mind body connection and proper activation for better extension. 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: Do 10 each side Exercise 4: 12 total Exercise 5: 20 each side **Turn and Kick Training:** Exercise 6: 10 each side E7: 8- 12 total E8: 12 each side E9: 12 each side (no band required) **Strength and Endurance Circuit:** Do Exercises 10 - 14 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/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/super-glute-lift/>

LEVEL:

CATEGORY: Not Categorized

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

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/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

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/>

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/>