



PLAN DETAILS

MCKENDREE UNIVERISTY

CATEGORIES: Balance, Endurance, Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/mckendree-univeristy/>

Hello Sara and McKendree University Dancers! Please find your custom training plan below. Since you don't have a lot of time for strength training I want you to take this plan - divide it in half and do exercises 1 - 5 on one day and exercises 6 - 10 the next and alternate throughout the week. Do these exercises after stretching before you dive into practice. 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. Exercise 1: Across the floor (band or no band) Exercise 2: 12 Each side Exercise 3: 8 each side Exercise 4: 10 each side E5: 12 each side (6 to flat foot, 6 to releve) E6: 20 each side E7: 10 each side E8: 10 Each side E9: 8 Each side E10: 12 **NOTE: You can also perform these exercises as a circuit. Do each exercise for 40 seconds, rest for 20 and if you have the time, repeat** . 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/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

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/>

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/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

PLANK JACK ROTATION

LEVEL: Intermediate

CATEGORY: Endurance, Warm Up

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

PLANK SQUAT PRESS

LEVEL: Intermediate

CATEGORY: Power, Strength

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