



PLAN DETAILS

HIGHER RELEVÉ

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/higher-releve/>

Help your dancers keep their relevé high to increase turn consistency and decrease hopping.

1. Leg swings, 8 reps, each side, 3 times
2. Reverse lunge, 12 reps, each side, 3 times
3. Turn technique drill, 8 reps, each side, 3 times
4. Calf Raise arm circles, 12 reps, 3 times
5. Knee drive, 8 reps, each side, 3 times

ankles

Turns

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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