

## FEET AND ANKLES

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/feet-and-ankles/>

They may be furthest from our brain, but keeping the strength of the feet and ankles in mind will help your dancers hold a higher relevé, explode off the floor in their jumps and promote control and stability. \* Remind your dancers to spread out their toes and grip the floor for stability from the ground up. \*

1. Leg swings (20 each side)
2. Forced arch curl (20)
3. Partner Pistol squat (hold on to barre) (12 each side)
4. Balance challenge 1 (12 each side)
5. Partner Lunge (do by yourself) (10 each side)
6. 180 degree jump (10)

Repeat 2 times.

ankles

Jumps

Leaps

Turns

## LEG SWINGS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

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

## FORCED ARCH CURL

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>

## PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pistol-squat/>

## BALANCE CHALLENGE: 1

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

## **PARTNER LUNGE**

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## **180 DEGREE JUMP**

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>