

FULL BODY FOUNDATIONS

CATEGORIES: Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/full-body-foundations/>

Use this training plan when you feel like your dancers are lacking mind, body connection and need to really focus on muscle activation.

1. Adductor Lift (20 each leg)
2. Hip Flexion March (12 each leg)
3. Hip Bridge (12)
4. Hover Extend (10)
5. Core Leg Pulse (12 each side)
6. Push Up row (10)

Repeat 2 times.

Full Body

LEVEL:

CATEGORY: Not Categorized

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

CORE LEG PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

PUSH UP ROW

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/push-up-row/>