



## PLAN DETAILS

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### NATIONAL DANCE ACADEMY

**CATEGORIES:** Balance, Endurance, Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/national-dance-academy/>

Hello Candice and National Dance Academy! Please find your custom training plan below. For your plan I focused on exercises that cultivate a mind body connection so your dancers can begin to understand which muscles impact which skill. You'll notice many work the upper and lower body at the same time to increase control and stability. There are a few turn specific exercises and ones that work the outer rotator muscles for turn out. On days when 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

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### 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/>