



PLAN DETAILS

HIGHER PASSÉ

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 4

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

Do your dancers struggle to keep their knee at 90 degrees and connected to their standing leg in jazz turns? I know it's frustrating to watch knees come unhinged and flop around but I encourage you to try these exercises to strengthen the adductors, hip and core.

1. Adductor Lift (10, each side, 2 times)
2. Frog Knee Abs (10 total, 2 times)
3. Hip Flexion March (10, each side, 2 times)
4. Elevated Leg Pulse (10, each side, 2 times)

Core

Hips

Turns

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/abductor-lift/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

ELEVATED LEG PULSE

LEVEL: Intermediate

CATEGORY: Strength

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