

GETTING STRONGER WITHOUT KNOWING IT

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/getting-stronger-without-knowing-it/>

Inspired by dancer-fitness members just like you! These exercises can double as relay races, games and competitions for dancers young and old. See who can do which the longest, the fastest, balancing a yoga block on their back. Get creative and watch your dancers get stronger without knowing it. For a circuit, do each exercise for 45 seconds, rest for 15 seconds. Repeat 3 times, resting for one minute between rounds.

1. Banded Bear Walk Warm Up
2. Duck Walk
3. Inch Worms
4. Partner Over Under
5. Wall Sit Jump
6. Partner Wall Sit / High Knees
7. Balance Challenge 1

Full Body

BANDED BEAR WALK WARM UP

LEVEL: Advanced

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bear-walk-warm-up/>

DUCK WALK

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/duck-walk/>

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>

PARTNER OVER UNDER

LEVEL: Intermediate

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

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

WALL SIT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power

<https://dancer-fitness.com/exercise/wall-sit-jump/>

PARTNER WALL SIT / PLANK

LEVEL: Advanced

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

<https://dancer-fitness.com/exercise/partner-wall-sit-plank/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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