

UPPER BODY AND CORE

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/upper-body-and-core/>

If you're working on your Pom technique or turn rotation, focusing on upper body and core could be the missing piece to your success. Do this training plan as a circuit to help your dancers increase their upper body muscle endurance for clean movements from beginning to end. 40 seconds on, rest for 20 seconds, once you complete all exercises rest 1 – 2 minutes and repeat two more times.

1. Walking Lunge Shoulder Press
2. Flutter Kick Shoulder Press
3. Wide Row
4. Scissor Slice Abs
5. Banded Plank and Reach
6. Push Up Hover

Abs

Core

Turns

Upper Body

WALKING LUNGE SHOULDER PRESS

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/walking-lunge-shoulder-press/>

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

WIDE ROW

LEVEL: Intermediate

CATEGORY: Strength

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

BANDED PLANK AND REACH

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-plank-and-reach/>

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

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