
NATIONAL DANCE ACADEMY AGES 12 +

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/national-dance-academy-ages-12/>

Hi Candice! Here are the exercises I did with the 12+ dancers last week! Thank you again for having me! Exercise 1 -2 across the floor Exercise 3-5, with a band around legs, 25 of each Exercise 6 - 14 were circuits. Do three at a time each one for 40 seconds, rest for 20 seconds. After you get through 3, rest for 2 minutes and move on to the next.

LUNGE BURPEE

LEVEL: Beginner

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

<https://dancer-fitness.com/exercise/lunge-burpee/>

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/banded-half-squat/>

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-mountain-climber/>

PLANK SQUAT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/plank-squat/>

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/reverse-lunge/>

PLANK SQUAT PRESS

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/plank-squat-press/>