

KEEPING HEELS HIGH

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/keeping-heels-high/>

Do this short training plan as a warm up before turns. Do each exercise 10 -20 times each leg and repeat three times.

1. Balance Challenge: 1
2. Bosu Ball Deadlift (can be done on the floor)
3. Bowler Squat
4. Ankles and Glute Warm Up

ankles

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

BOSU BALL DEADLIFT

LEVEL: Advanced

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

BOWLER SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>