
ADV BALLET ANKLES

CATEGORIES: Balance, Strength

LEVEL: Advanced

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/adv-ballet-ankles/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

ADVANCED SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Strength

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

FORCED ARCH CURL

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

BANDED CHEST PRESS WITH HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-chest-press-with-hip-bridge/>