

ANKLE STRENGTH

CATEGORIES: Balance, Strength

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/ankle-strength-4/>

If your dancers are leaning in their turns or lacking power in their jumps and leaps, their ankles may be playing a part in that. Use this ankle warm up before your next class to see major improvements. Do three times through.

1. Leg Swings (10, each side)
2. Elevated Heel Taps (10, each side)
3. Balance Challenge Two (10, each side)
4. Lunge One Leg Deadlift (10, each side)

ankles

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/leg-swings/>

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

BALANCE CHALLENGE 2

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>