

MIND BODY CONNECTION IN YOUR OFF SEASON

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/mind-body-connection-in-your-off-season/>

The best way to approach your off season is to focus on mind body connection, overall strength and then endurance. This plan is step one.

1. Inch Worm
2. Ankle and Glute Warm Up
3. Adductor Drill
4. Lunge One Leg Deadlift
5. Negative Push Up

ankles

Core

Full Body

Glutes

Hamstrings

Turns

Upper Body

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

NEGATIVE PUSH UP

LEVEL: Advanced

CATEGORY: Strength, Warm Up

