

## MADISEN

**CATEGORIES:** Balance, Flexibility, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/madisen/>

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## FOLLOW ALONG WORKOUT: JAZZ TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

Full length video for cleaner jazz technique to send to your dancers or pull up in class! Each exercise is 40 seconds with a 20 second break.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-jazz-technique/>

## FULL FOLLOW ALONG WORKOUT: ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Full Workout, Power, Strength

Full length video for endurance to send to your dancers or pull up in class!

Each exercise is 30 seconds with a 20 second break.

Time for more?

Repeat at 40 seconds with a 20 second break.

<https://dancer-fitness.com/exercise/full-follow-along-workout-endurance/>

## FOLLOW ALONG WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

## HALF PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-pigeon-stretch/>

## HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

## FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Strength

Full length video for placement and control to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control/>

## COMBO – SINGLE LEG

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor

**Featured Exercises:** [Walking Airplane Warm Up](#), [Shiva Squat](#)

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