

DANCE TEAM

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/dance-team/>

ON DEMAND WORKOUT: PLACEMENT AND CONTROL

LEVEL: Intermediate

CATEGORY: On Demand 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/>

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

ON DEMAND 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/>