

BUILDING STRENGTH IN YOUR OFF SEASON

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/building-strength-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 two, a full body workout designed to isolate muscles and increase strength. Find Step One: [Mind Body Connection](#) The following: **24 of each, 12 on each side.** Lateral Bear Walk Squat Kicks Spider Man Plank Banded Curtsy Squat Lunge one leg deadlift Side plank Leg Extensions Push Up Hover (8-10)

Full Body

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/spiderman-plank/>

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-plank-leg-extension/>

PUSH UP HOVER

LEVEL: Advanced

CATEGORY: Power, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/push-up-hover/>