

BUILDING ENDURANCE IN YOUR OFF SEASON

CATEGORIES: Endurance

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/building-endurance-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 three, building cardiovascular and muscle endurance. Find Steps One and Two a few weeks back. Do each exercise for 40 seconds, resting for 20. Take a 2 minute break between exercises 3 and 6. Do twice through if you have time. Fast Feet Flutter Kick Shoulder Press Skater Squat Mountain Climber Twist Tuck Plank Jumping Jack Lunge

Abs

ankles

Core

Glutes

Hips

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

MOUNTAIN CLIMBER TWIST

LEVEL: Beginner

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-twist/>

TUCK PLANK

LEVEL: Advanced

CATEGORY: Balance, Endurance, Strength, Warm Up

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/jumping-jack-lunge/>