

STRENGTHENING YOUR WEAK SIDE

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/strengthening-your-weak-side/>

Dancers rarely have the same level of strength on the right and the left. Use this plan to identify weakness and strengthen the areas that need it. Repeat twice. Hip Opener (10, each side) Half Pigeon (30 seconds, each side) Hamstring Stretch Advanced (30 seconds, each side) Clock Balance Challenge (10, each side) Combo - Single Leg (10, each side) Skater Squat (12, each side) Lunge One Leg Deadlift (12, each side) Reverse Lunge Squat (12, each side)

ankles

Glutes

Hamstrings

Hips

Jumps

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/hip-opener/>

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/>

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

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/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

REVERSE LUNGE SQUAT

LEVEL: Intermediate

CATEGORY: Strength

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