



PLAN DETAILS

HANNAH KNOLES

CATEGORIES: Balance, Flexibility, Strength

LEVEL: Intermediate

EXERCISE COUNT: 13

URL: <https://dancer-fitness.com/plan/hannah-knoles/>

Hannah's Goals are balance, flexibility and back

FOLLOW ALONG WORKOUT: IMPROVED TECHNIQUE

LEVEL: Intermediate

CATEGORY: Full Workout

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

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

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/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

ADVANCED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

SIDE PLANK ROTATION

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

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

HUNDREDS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hundreds/>

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/>

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/wheel-pose/>

FULL FOLLOW ALONG WORKOUT: JUMPS

LEVEL: Intermediate

CATEGORY: Full Workout, Power, Strength

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

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