
GLUTES QUADS CALFS ANKLE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/glutes-quads-calfs-ankle/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

FULL FOLLOW ALONG WORKOUT: ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout, Power, Strength

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

Each exercise is 30 seconds with a 20 second break.

Time for more?

Repeat at 40 seconds with a 20 second break.

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

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: KICK TECHNIQUE

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Equipment: Band and yoga block

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

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/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

RELEVÉ TONDUE

LEVEL: Intermediate

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>