

SUMMER 2022

CATEGORIES: Balance, Endurance, Flexibility, Full Workout, Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 66

URL: <https://dancer-fitness.com/plan/summer-2022/>

Strength, flexibility, balance

COMBO – UPPER AND CORE

LEVEL: Intermediate

CATEGORY: Balance, 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: [Renegade Row](#), [Plank Around the World](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core/>

FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL OF SKILLS

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control-of-skills/>

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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

FOLLOW ALONG WORKOUT: SUPPORTING LEG

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for as stronger supporting leg and balancing out the body! This workout focuses on the core, glutes and adductors for maximum stability. Equipment: Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-supporting-leg/>

BANDED JUMPING JACK

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Uncategorized, Warm Up

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

FOLLOW ALONG WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout

Full length video for increased endurance to send to your dancers or pull up in class! Everything is circuit style so just follow along! Equipment: Band

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

FOLLOW ALONG WORKOUT: GLUTE STRENGTH

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for glute strength. Have your dancers use this as a warm up or pick it apart for pre turning and pre jumping exercises. Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

COMBO – PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Strength

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: [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

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

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

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

FOLLOW ALONG WORKOUT: UPPER BODY

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for upper body strength and control. Great for pom motions , turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body/>

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

FOLLOW ALONG WORKOUT: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for execution of skills to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-execution-of-skills/>

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

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/>

OPEN BOOK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/open-book-stretch/>

FOLLOW ALONG WORKOUT: PLACEMENT AND CONTROL

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for placement and control to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control/>

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

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/>

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/>

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/>

SKATER SQUAT

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

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/>

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-v-up/>

FOLLOW ALONG WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: Full Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

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

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

FULL FOLLOW ALONG WORKOUT: CORE

LEVEL: Intermediate

CATEGORY: Full Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

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

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-pigeon-stretch/>

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/>

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

BANDED HOVER PUSH BACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

COSSACK SQUAT

LEVEL: Beginner

CATEGORY: Strength

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

JUMPING JACK STEP OUT

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength, Warm Up

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

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

SQUAT REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Strength

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

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

ELEVATED CLAM SHELL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

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

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

LATERAL SKIP

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

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

JUMPING JACK LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

REVERSE LUNGE SQUAT

LEVEL: Intermediate

CATEGORY: Strength

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

SIDE LUNGE SQUAT WARM UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/side-lunge-squat-warm-up/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

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

INCH WORM PUSH UP

LEVEL: Intermediate

CATEGORY: Warm Up

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

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

BANDED DONKEY KICK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-donkey-kick/>

ADVANCED ROTATING PLANK

LEVEL: Intermediate

CATEGORY: Strength

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

PLANK SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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