



PLAN DETAILS

SUMMER 2022

CATEGORIES: Balance, Endurance, Flexibility, Strength

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/summer-2022-2/>

FOLLOW ALONG WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!

LEVEL: Beginner

CATEGORY: Balance, Full Workout

Full length video for ankle and foot strength for a higher relevé and better balance. This workout isn't very intense, so please use as a warm up for turns for any level of dancer. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve-and-better-balance-stop-dropping-heels/>

FOLLOW ALONG WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for body control and skill consistency. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-full-body-control-and-skill-consistency/>

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/>

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: 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/>

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/>

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/>