

PRE POINTE

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 17

URL: <https://dancer-fitness.com/plan/pre-pointe-2/>

Core, stability, strength

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

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

ON DEMAND WORKOUT: UPPER BODY

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!

LEVEL: Beginner

CATEGORY: Balance, On Demand 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/>

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

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

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

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

AROUND THE WORLD CORE

LEVEL: Advanced

CATEGORY: Endurance, Strength

<https://dancer-fitness.com/exercise/around-the-world-core/>

FORCED ARCH CURL

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/forced-arch-curl/>

ADVANCED SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Strength

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

BRIDGE SLIDE OUT

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/bridge-slide-out/>

TRICEP PLANK JACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

DOUBLE LUNGE PRESS

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/double-lunge-press/>

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

PARTNER WALL SIT / PLANK

LEVEL: Advanced

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

<https://dancer-fitness.com/exercise/partner-wall-sit-plank/>

BOSU BALL DEADLIFT

LEVEL: Advanced

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>