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## HOLISTIC CONDITIONING

**CATEGORIES:** Balance, Endurance, Flexibility, Full Workout, Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/holistic-conditioning/>

Exercises to increase balance, flexibility, strength, power & endurance

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## 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: 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/>

## OPEN BOOK STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## 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/>

## 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/>

## JUMP SQUAT ROW

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## 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/>

## SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

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