



PLAN DETAILS

DACEY STARTING OUT ROUTINE

CATEGORIES: Flexibility

LEVEL: Advanced

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/dacey-starting-out-routine/>

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, Full Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-flexibility/>

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

TRICEP PLANK JACK

LEVEL: Advanced

CATEGORY: Balance, Power, Strength, Warm Up

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

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: 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: 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: 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/>

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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