



PLAN DETAILS

SUMMER DANCE

CATEGORIES: Balance, Endurance, Full Workout, Strength

LEVEL: Beginner

EXERCISE COUNT: 19

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

To help rec dancers strengthen and increase flexibility to help in other classes

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/>

CRISS CROSS SQUAT JUMP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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

FOLLOW ALONG WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout

Full length video for increased endurance. Simply follow along! Time modifications offered through the video.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-increased-endurance-2/>

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/>

FOLLOW ALONG WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout

Full length video for increased endurance. Simply follow along! Time modifications offered through the video.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-increased-endurance-2/>

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/>

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/>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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

SIDE PLANK LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

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

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

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

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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

PLANK SQUAT PRESS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

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

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/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

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

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 – SIDE PLANK COMBO

LEVEL: Advanced

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: [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

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