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## SUMMER

**CATEGORIES:** Balance, Flexibility, On Demand Workout, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

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

build stronger more balanced dancers

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### ON DEMAND WORKOUT: TURN CONSISTENCY

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Strength

Full length video for better turns from ankle strength all the way to the back for stronger arms. Equipment: loop band

<https://dancer-fitness.com/exercise/follow-along-workout-turn-consistency/>

### FOLLOW ALONG WORKOUT: LOWER Plié AND LEG POWER

**LEVEL:** Intermediate

**CATEGORY:** Power

Today's training plan This workout is amazing for hip hop dancers who need to get lower and any dancer who needs to use their plié more. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-lower-plier-and-leg-power/>

### FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

**LEVEL:** Beginner

**CATEGORY:** Flexibility, On Demand 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/>

### ON DEMAND WORKOUT: INCREASED ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, On Demand 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/>

## ON DEMAND WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

**LEVEL:** Intermediate

**CATEGORY:** On Demand 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/>

## 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/>

## ON DEMAND WORKOUT: PLACEMENT AND CONTROL OF SKILLS

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for placement and control to send to your dancers or pull up in class! Follow along with the repetitions for a fun workout! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control-of-skills/>

## ON DEMAND WORKOUT: JUMP HEIGHT

**LEVEL:** Beginner

**CATEGORY:** On Demand Workout, Strength

Full length video for jump height. This workout hits the rotators and glutes for better turn out and height in your jumps and leaps. Have your dancers use this as a warm up before jumping! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

## 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: SUPPORTING LEG

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for a 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/>