
SUMMER 22

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/summer-22/>

Week 1

FOLLOW ALONG WORKOUT: TURN CONSISTENCY

LEVEL: Intermediate

CATEGORY: Balance, Full 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: 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/>