

RDC

CATEGORIES: Balance, Endurance, Flexibility, Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 36

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

RDC technique improvement plan for class

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: 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: 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: IMPROVED TECHNIQUE

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for technique to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-improved-technique/>

PARTNER PISTOL SQUAT

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

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

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane/>

PLANK HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-high-five/>

PARTNER REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/partner-reverse-crunch/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

BALANCE CHALLENGE 2

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/abductor-lift/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Power, Warm Up

<https://dancer-fitness.com/exercise/partner-lunge-high-knee/>

TRICEP DIP TOE TAP

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/tricep-dip-toe-tap/>

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Warm Up

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

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>

LUNGE AND PRESS

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/lunge-and-press/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

LOWER AB LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

COMBO – SINGLE LEG

LEVEL: Beginner

CATEGORY: 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: [Walking Airplane Warm Up](#), [Shiva Squat](#)

<https://dancer-fitness.com/exercise/combo-single-leg/>

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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