

LA SECONDE LEGS

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/la-seconde-legs/>

This plan is going to be stability and control to the once swinging and dipping a la seconde working leg.

- Dynamic Warm Up Series (4 times)
- Banded Dead Bug (20)
- Standing Hip March (12, each side)
- Mountain Climber Knee Tuck (20 total)
- Turn Out and Core Drill (10, each side)

Repeat twice.

Core

Glutes

Hamstrings

Hips

Turns

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

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

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

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

MOUNTAIN CLIMBER KNEE TUCK

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-knee-tuck/>

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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