



PLAN DETAILS

BOOTCAMP

CATEGORIES: Partners

LEVEL: Intermediate

EXERCISE COUNT: 4

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

Partners

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

FULL FOLLOW ALONG WORKOUT: ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, Full Workout, Power, Strength

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

Each exercise is 30 seconds with a 20 second break.

Time for more?

Repeat at 40 seconds with a 20 second break.

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

FOLLOW ALONG WORKOUT: HIP AND CORE STRENGTH

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks. Equipment: Loop Band

