
URNS FOR INT. LEVEL

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/turns-for-int-level/>

FOLLOW ALONG WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>

FOLLOW ALONG WORKOUT: SUPPORTING LEG STRENGTH

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Strength

Full length video for stronger, straighter supporting legs and better balance. Equipment: Loop Band and Yoga Block

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

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-plie-and-leg-power/>

FOLLOW ALONG WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!

LEVEL: Beginner

CATEGORY: Balance, Full 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/>

COMBO – UPPER AND CORE

LEVEL: Intermediate

CATEGORY: Balance, 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: [Renegade Row](#), [Plank Around the World](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core/>

FOLLOW ALONG WORKOUT: SUPPORTING LEG

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for as 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/>