



## PLAN DETAILS

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### BALLET

**CATEGORIES:** Balance, Endurance, Flexibility, Full Workout, Power, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 21

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

Everything

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### 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: 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/>

### BANDED TURN OUT DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### 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

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>

## **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/>

## **FOLLOW ALONG WORKOUT: SUPPORTING LEG**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for a 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/>

## **BANDED JUMPING JACK**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Strength, Uncategorized, Warm Up

<https://dancer-fitness.com/exercise/banded-jumping-jack/>

## **DYNAMIC WARM UP SERIES**

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

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

## **STRAIGHT LEG HIP FLEXION**

**LEVEL:** Beginner

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

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

## **BANDED MONSTER WALKS**

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

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

## **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/>

## BANDED TURN OUT DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## 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: 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

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>

## 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/>

## 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/>

## **FOLLOW ALONG WORKOUT: EXECUTION OF SKILLS**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for execution of skills to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-execution-of-skills/>

## **FOLLOW ALONG WORKOUT: HIP FLEXIBILITY**

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

## **FULL FOLLOW ALONG WORKOUT: JUMPS**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Power, Strength

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

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