
TEAM WORKOUTS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 12

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

FINISH STRONG!

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand 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/>

ON DEMAND WORKOUT: TURN CONSISTENCY

LEVEL: Intermediate

CATEGORY: Balance, On Demand 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/>

ON DEMAND WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: JUMP HEIGHT

LEVEL: Beginner

CATEGORY: On Demand Workout, Strength

Full length video for jump height. This workout hits the rotators and glutes for better turn out and height in your jumps and leaps. Have your dancers use this as a warm up before jumping! Equipment: Band

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

ON DEMAND WORKOUT: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: IMPROVED TECHNIQUE

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: PLACEMENT AND CONTROL

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for placement and control to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-placement-and-control/>

ON DEMAND WORKOUT: KICK TECHNIQUE

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for higher kicks and cleaner technique 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.

Equipment: Band and yoga block

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

ON DEMAND WORKOUT: JUMPS

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

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

ON DEMAND WORKOUT: CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

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

ON DEMAND WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout

Full length video for increased endurance. Simply follow along! Time modifications offered through the video.
Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-increased-endurance-2/>