

LIV

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 18

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

CLOCK BALANCE CHALLENGE

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

FOLLOW ALONG WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: Full 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/>

ONE LEG V-UP

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-v-up/>

V-CROSS CRUNCH

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>

LOWER AB LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

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/>

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/wheel-pose/>

DOWN DOG JACK

LEVEL: Advanced

CATEGORY: Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

ADVANCED PUSH UP SERIES

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-push-up-series/>

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

WALKING AIRPLANE WARM UP

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

SPIDERMAN PLANK

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/spiderman-plank/>

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/advanced-pigeon-stretch/>