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## LEVEL 6

**CATEGORIES:** Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/level-6/>

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### COMBO – SIDE PLANK COMBO

**LEVEL:** Advanced

**CATEGORY:** Strength

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:** [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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

### COMBO – SHOULDERS AND CORE

**LEVEL:** Intermediate

**CATEGORY:** Strength

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:** [Banded Plank and Reach](#), [Modified Push Up](#), [Down Dog Jack](#)

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

### ON DEMAND WORKOUT: KICK HEIGHT

**LEVEL:** Advanced

**CATEGORY:** On Demand Workout, Power, Strength

Try this selection of exercises to strengthen the muscles you need for stronger, snappier kicks with great height!

Equipment needed: Band

<https://dancer-fitness.com/exercise/full-length-workout-kick-height/>

### ON DEMAND WORKOUT: GET YOUR SPLITS!

**LEVEL:** Beginner

**CATEGORY:** Flexibility, On Demand Workout, Warm Up

Try these exercises to improve hip mobility and hamstring flexibility to finally get your splits! Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-get-your-splits/>

## ON DEMAND WORKOUT: GET YOUR SPLITS!

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## ON DEMAND WORKOUT: TURN TIMING AND TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength, Warm Up

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-turn-timing-and-technique/>

## ON DEMAND WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

## ON DEMAND WORKOUT: FULL BODY WARM UP & CONDITIONING

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>