
FULL WORKOUT 1

CATEGORIES: On Demand Workout,
Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 11

URL: <https://dancer-fitness.com/plan/full-workout-1/>

ON DEMAND WORKOUT: STRONGER, MORE CONTROLLED SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

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: CORE, TURN OUT AND TURNS!

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength

Full length video for a stronger core, more consistent turns and better turn out. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-core-turn-out-and-turns/>

ON DEMAND WORKOUT: HIP AND CORE STRENGTH

LEVEL: Intermediate

CATEGORY: On Demand 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/>

ON DEMAND WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

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

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: 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: 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: 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: 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/>