

BALLET

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/ballet-2/>

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/>

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

ON DEMAND WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!

LEVEL: Beginner

CATEGORY: Balance, On Demand Workout

Full length video for ankle and foot strength for a higher relevé and better balance. This workout isn't very intense, so please use as a warm up for turns for any level of dancer. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve-and-better-balance-stop-dropping-heels/>

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/>