
STAMINA

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

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

COMBO – SQUAT JACK

LEVEL: Beginner

CATEGORY: Endurance, Power, 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 Half Squats](#), [Plank Squats](#), [Power Jacks](#)

<https://dancer-fitness.com/exercise/combo-squat-jack/>

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/>

ON DEMAND WORKOUT: INCREASED ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout

Full length video for increased endurance to send to your dancers or pull up in class! Everything is circuit style so just follow along! Equipment: Band

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

ON DEMAND WORKOUT: ENDURANCE

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Full length video for endurance 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.

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

WIDE TO NARROW DOUBLE HOP

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-double-hop/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>