
WINTER 2022 DANCE CONDITIONING PLAN

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 16

URL: <https://dancer-fitness.com/plan/winter-2022-dance-conditioning-plan/>

3 days a week

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/hip-opener/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

TURN OUT AND CORE DRILL

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/turn-out-and-core-drill/>

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

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

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

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

ADDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/adductor-lift/>

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

REVERSE LUNGE BICEP CURL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/reverse-lunge-bicep-curl/>

BANDED DEAD BUG

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-dead-bug/>

BANDED SHOULDER PRESS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shoulder-press/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hover-extend/>

HOVER FIRE HYDRANT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>