

---

## ANKLES

**CATEGORIES:** Balance, Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 8

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

---

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

### BANDED HIGH RELEVÉ

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

### BOSU BALL DEADLIFT

**LEVEL:** Advanced

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-deadlift/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

### BANDED TURN OUT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

### SPEED BAG JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/speed-bag-jump/>

### RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/releve-tondue/>

## BOSU BALL COUPÉ / PASSÉ

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/bosu-ball-coupe-passe/>