

## JAN 2023

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 24

**URL:** <https://dancer-fitness.com/plan/jan-2023/>

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### SINGLE LEG DEADLIFT DIRECTION CHALLENGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

### FULL LENGTH WORKOUT: TURN TIMING AND TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Power, Strength, Warm Up

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-turn-timing-and-technique/>

### PLANK SLIDE AND CROSS

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/plank-slide-and-cross/>

### FULL LENGTH WORKOUT: THE BEST TURN WARM UP!

**LEVEL:** Beginner

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

Full body workout to prepare you for the cleanest most consistent turns!

Equipment: Yoga Block, Light to Medium Band

<https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>

### FULL LENGTH WORKOUT: STAMINA

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Full Workout, Warm Up

Full Length Workout: Increased Stamina! Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-stamina/>

## COMBO – SQUAT LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, 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:** [Bosu Ball Squats](#), [Reverse Lunge](#), [Squat Jumps](#)

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

## FOLLOW ALONG WORKOUT: INCREASED ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Full 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/>

## FOLLOW ALONG WORKOUT: INCREASED ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Full 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/>

## FULL LENGTH WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

## PUSH UP DOWN DOG

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength

<https://dancer-fitness.com/exercise/push-up-down-dog/>

## FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Full Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-flexibility/>

## **FOLLOW ALONG WORKOUT: HIP FLEXIBILITY**

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

## **FULL LENGTH WORKOUT: TURN TIMING AND TECHNIQUE**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Power, Strength, Warm Up

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-turn-timing-and-technique/>

## **FULL LENGTH WORKOUT: CORE ENGAGEMENT**

**LEVEL:** Intermediate

**CATEGORY:** Full Workout, Power, Strength, Warm Up

This follow along workout includes a brief description of how I get my clients to engage their core PLUS a small core warm up for you to do. Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-core-engagement/>

## **FULL LENGTH WORKOUT: 10 MINUTE CORE BLAST**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

## **ANKLE STRENGTH DRILL**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

## **FOLLOW ALONG WORKOUT: CORE, TURN OUT AND TURNS!**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Full 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/>

## **COMBO – SHOULDERS AND CORE**

**LEVEL:** Intermediate

**CATEGORY:** 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 Plank and Reach](#), [Modified Push Up](#), [Down Dog Jack](#)

<https://dancer-fitness.com/exercise/combo-shoulders-and-core/>

## FOLLOW ALONG WORKOUT: JAZZ TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

Full length video for cleaner jazz technique to send to your dancers or pull up in class! Each exercise is 40 seconds with a 20 second break.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-jazz-technique/>

## ADVANCED PUSH UP SERIES

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/advanced-push-up-series/>

## UP DOWN PLANK PUSH UP

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/up-down-plank-push-up/>

## FULL FOLLOW ALONG WORKOUT: ENDURANCE

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Full 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/>

## COMBO – UPPER AND CORE

**LEVEL:** Intermediate

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

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:** [Renegade Row](#), [Plank Around the World](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core/>

## PLANK JACK DIP

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

