

## WEEK 2

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

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

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### ON DEMAND WORKOUT: UPPER BODY

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength, Warm Up

Do this workout as a quick warm up for stronger pom motions, keeping shoulders down for turns and stronger kick hook ups. Equipment: Band

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

### 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/>

### ON DEMAND WORKOUT: TURNS

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

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