

LEGS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/legs-3/>

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

📹 My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

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

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work your whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work your whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

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REVERSE LUNGE AND PRESS

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/reverse-lunge-and-press/>

SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>

ON DEMAND WORKOUT: ENDURANCE POWER AND CONTROL

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength

Follow along workout to improve endurance, power and control by combining HIIT training , upper body exercises and compound movements.

Equipment needed: Medium to light loop band

<https://dancer-fitness.com/exercise/full-length-workout-endurance-power-and-control/>

REVERSE LUNGE AND PRESS

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/reverse-lunge-and-press/>

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work you whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>

COMBO – UPPER BODY ENDURANCE

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: [Down Dog Jack](#), [Advanced Push Up](#)

<https://dancer-fitness.com/exercise/combo-upper-body-endurance/>