

LOU

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 2

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

ON DEMAND WORKOUT: MIND BODY CONNECTION FOR YOUNGER DANCERS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength, Warm Up

This workout was created for the dancers who just went through a growth spurt and have to re-learn their bodies, the ones who keep getting hurt and the ones who want to feel more controlled in their body. This workout is also a great warm up for private lessons.

Equipment Needed: Yoga Block and Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-mind-body-connection-for-younger-dancers/>

ON DEMAND WORKOUT: FULL BODY CIRCUIT FOR SKILL EXECUTION

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

This workout is hitting the whole body and increasing your cardiovascular and muscle endurance to keep technique clean throughout your whole performance.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-full-body-circuit-for-skill-execution/>