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## NEW TEAM TRAINING

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

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/new-team-training/>

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### 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/>

### 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: PRE-PERFORMANCE WARM UP

**LEVEL:** Intermediate

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

Are you competing or performing today? I'm so thrilled to join you as you prepare your body for a successful performance! We'll cover the three major steps of an effective warm up in less than 10 minutes! Increase your heart rate, improve mobility and engage major muscle groups.

Equipment Needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-pre-performance-warm-up/>

### ON DEMAND WORKOUT: RECOVERY AND MOBILITY

**LEVEL:** Intermediate

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

Whether you're feeling a little burned out or need a recovery day from weeks of competition, slow it down a little and take the time to open your hips, stretch the back and lengthen the hamstrings. Equipment: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-recovery-and-mobility/>

### ON DEMAND WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand 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/>

## **KNEE TUCK UP DOWN PLANK**

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

## **REVERSE LUNGE AND PRESS**

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

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

## **BANDED PULL APART**

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-pull-apart/>

## **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/>

## **ON DEMAND WORKOUT: POST WORKOUT COOL DOWN**

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

After finishing a great workout or a long performance day, cool down and stretch your muscles with this workout.

Equipement: none

<https://dancer-fitness.com/exercise/cool-down-for-dancers/>