
BALANCE AND FLEXIBILITY

CATEGORIES: Balance, Flexibility

LEVEL: Beginner

EXERCISE COUNT: 11

URL: <https://dancer-fitness.com/plan/balance-and-flexibility/>

ON DEMAND WORKOUT: 15 MINUTE FULL BODY

LEVEL: Beginner

CATEGORY: On Demand Workout, Power, Strength

Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-15-minute-full-body/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>

ELEVATED HEEL TAPS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-heel-taps/>

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: FRONT LEG EXTENSIONS

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Equipment: Loop band and yoga block

Learn more about Kendall under **"INSTRUCTIONS"**.

Links to Kendall: [Website](#) [Instagram](#)

<https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>

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/>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

ON DEMAND WORKOUT: BALANCING OUT YOUR WEAK SIDE

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

For dancers who want to turn, jump and execute their skills well on BOTH sides of the body.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-balancing-out-your-weak-side/>