

---

## STRENGTH AND POWER

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/strength-and-power/>

---

### 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/>

### COMBO – UPPER AND CORE

**LEVEL:** Beginner

**CATEGORY:** Balance, 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: [Spiderman Plank](#)

<https://dancer-fitness.com/exercise/combo-upper-and-core-2/>

### 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/>

### 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/>

## ON DEMAND WORKOUT: FULL SPLIT LEAP

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

This follow along workout focuses on strengthening the muscles needed to get your front leg and back legs higher in your split leaps.

Equipment needed: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-full-split-leap/>

## 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/>

## 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/>

## ON DEMAND WORKOUT: UPPER BODY

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for upper body strength and control. Great for pom motions , turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

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

## 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/>