

## VGK PLAN

**CATEGORIES:** Balance, Endurance, Flexibility, On Demand Workout, Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

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

Workouts to get better at dance

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## 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/>