

SADIE

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 4

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

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/>

WEIGHTED CRISS-CROSS BOAT

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/weighted-criss-cross-boat/>

KETTLEBELL PASSÉ EXTEND

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/kettlebell-passe-extend/>

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/>