
SYDNEY APRIL 2023

CATEGORIES: Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/sydney-april-2023/>

Swap in for your current workouts or add into 90 day challenge

BANDED BACK AND SHOULDER DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-back-and-shoulder-drill/>

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/turn-technique-drill/>

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/>

ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

ON DEMAND WORKOUT: STRONGER, MORE CONTROLLED SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

ON DEMAND WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING

HEELS!

LEVEL: Beginner

CATEGORY: Balance, On Demand Workout

Full length video for ankle and foot strength for a higher relevé and better balance. This workout isn't very intense, so please use as a warm up for turns for any level of dancer. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve-and-better-balance-stop-dropping-heels/>

ON DEMAND WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for body control and skill consistency. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-full-body-control-and-skill-consistency/>

ON DEMAND WORKOUT: SUPPORTING LEG

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for as stronger supporting leg and balancing out the body! This workout focuses on the core, glutes and adductors for maximum stability. Equipment: Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-supporting-leg/>