
GABBS WORKOUT

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 7

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

ON DEMAND WORKOUT: FULL BODY CIRCUIT FOR SKILL EXECUTION

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

This workout is hitting the whole body and increasing your cardiovascular and muscle endurance to keep technique clean throughout your whole performance.

Equipment: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-full-body-circuit-for-skill-execution/>

PARTNER BALL TOSS AND DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-ball-toss-and-deadlift/>

REVERSE LUNGE AND PRESS

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/reverse-lunge-and-press/>

ON DEMAND WORKOUT: KICK HEIGHT

LEVEL: Advanced

CATEGORY: On Demand Workout, Power, Strength

Try this selection of exercises to strengthen the muscles you need for stronger, snappier kicks with great height!

Equipment needed: Band

<https://dancer-fitness.com/exercise/full-length-workout-kick-height/>

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/>

ON DEMAND WORKOUT: HIP FLEXIBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

ON DEMAND WORKOUT: FLEXIBILITY FAVORITES

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Warm Up

Try out these stretches that utilize the style of stretching called PNF stretching to help your muscles feels stronger and longer!

Equipment: none

<https://dancer-fitness.com/exercise/on-demand-workout-flexibility-favorites/>