
2023 CC DANCE WORKOUT

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/2023-cc-dance-workout/>

ON DEMAND WORKOUT: PRE-PERFORMANCE WARM UP

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Strength, Warm Up

Are you competing or performing today? I'm so thrilled to join you as you prepare your body for a successful performance! We'll cover the three major steps of an effective warm up in less than 10 minutes! Increase your heart rate, improve mobility and engage major muscle groups.

Equipment Needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-pre-performance-warm-up/>

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

📺 My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension-and-longer-lines/>

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: 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: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for execution of skills to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-execution-of-skills/>

ON DEMAND WORKOUT: FRONT LEG EXTENSIONS

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Equipment: Loop band and yoga block

Learn more about Kendall under “INSTRUCTIONS”.

Links to Kendall: [Website](#) [Instagram](#)

<https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>

ON DEMAND WORKOUT: JUMPS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Power, Strength

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

<https://dancer-fitness.com/exercise/full-follow-along-workout-jumps/>

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

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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: TURN TIMING AND TECHNIQUE

LEVEL: Intermediate

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

Follow along with this week's workout to improve timing and technique of turns. This workout focus specifically on keeping a strong and straight supporting leg -even when tired ! Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-turn-timing-and-technique/>