

BVDT

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 6

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

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/>

ON DEMAND WORKOUT: CORE FOR TURNS

LEVEL: Intermediate

CATEGORY: Strength

With special guest Auti Kamal!

Auti Kamal is a dance instructor and choreographer best known for her YouTube channel, Ti & Me TV.

Learn more about Auti Kamal under **"INSTRUCTIONS"**

Instagram: [@autikamal](#) [@tiandmetv](#) YouTube

<https://dancer-fitness.com/exercise/full-length-workout-core-for-turns/>

SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work your whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>

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/>

FOLLOW ALONG WORK: FULL BODY CIRCUIT

LEVEL: Intermediate

CATEGORY: Endurance, On Demand Workout, Power, Strength

Work your whole body from head to toe with this circuit.

After a quick warm up, try 6 exercises designed to improve strength, endurance and explosive power. Equipment needed: Loop Band

<https://dancer-fitness.com/exercise/follow-along-work-full-body-circuit/>