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**LEXI: WEDNESDAY****CATEGORIES:** Not Categorized**LEVEL:** Intermediate**EXERCISE COUNT:** 2**URL:** <https://dancer-fitness.com/plan/lexi-wednesday-2/>

hip/ turnout

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**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: SKILL WARM UP****LEVEL:** Intermediate**CATEGORY:** Balance, Endurance, On Demand Workout, Power, Strength

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>