

ELENA

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Partners, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/elena-2/>

work out for dancer kid

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/>

BANDED BACK AND SHOULDER DRILL

LEVEL: Beginner

CATEGORY: Strength

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

PARTNER BALL TOSS AND DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

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