

KAMI

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 3

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

Specific to Kami

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: 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: KICK TECHNIQUE

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-kick-technique/>