
(1) INTERMEDIATE – SUMMER CONDITIONING

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/intermediate-summer-conditioning-1/>

Balance

LATERAL SKIP

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lateral-skip/>

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/>

SINGLE LEG DEADLIFT DIRECTION CHALLENGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-deadlift-direction-change/>

ANKLE STRENGTH DRILL

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

ON DEMAND WORKOUT: HIGHER RELEVÉ

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

Full length video for a higher relevé and less heel dropping. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve/>

LATERAL BEAR WALK

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-bear-walk/>

HOVER EXTEND

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

