
SKILLS

CATEGORIES: On Demand Workout

LEVEL: Beginner

EXERCISE COUNT: 2

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

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/>

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/>