
WEEK 5

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/week-5/>

ON DEMAND WORKOUT: BALANCING OUT YOUR WEAK SIDE

LEVEL: Intermediate

CATEGORY: Balance, On Demand Workout, Strength

For dancers who want to turn, jump and execute their skills well on BOTH sides of the body.
Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-balancing-out-your-weak-side/>

ON DEMAND WORKOUT: FULL BODY WARM UP & CONDITIONING

LEVEL: Intermediate

CATEGORY: On Demand Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>

ON DEMAND WORKOUT: GET YOUR SPLITS!

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Warm Up

Try these exercises to improve hip mobility and hamstring flexibility to finally get your splits! Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-get-your-splits/>