

CAROLINE BONIN

CATEGORIES: Power

LEVEL: Intermediate

EXERCISE COUNT: 2

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

Power in jumps

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/>

ON DEMAND WORKOUT: " I WANT TO FEEL MY GLUTES!"

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

Dancers ask me all the time how they can feel their glutes engaged and I typically have them do glute bridges but this workout gets you off the floor and attacks your glutes from a new perspective.

Equipment Needed: Loop Band

<https://dancer-fitness.com/exercise/on-demand-workout-i-want-to-feel-my-glutes/>