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## EMMA AUGUST 2023

**CATEGORIES:** Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/emma-august-2023/>

Please alternate between these 6 workouts and we'll connect in September. The goal is training 3 times a week. Each week add a thicker band, do a more advanced version of the exercise or add weights.

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### 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/>

### ON DEMAND WORKOUT: HIP AND CORE STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>

### ON DEMAND WORKOUT: SUPPORTING LEG STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Strength

Full length video for stronger, straighter supporting legs and better balance. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-supporting-leg-strength/>

### ON DEMAND WORKOUT: FULL BODY CONTROL AND SKILL CONSISTENCY

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for body control and skill consistency. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-full-body-control-and-skill-consistency/>

### ON DEMAND WORKOUT: UPPER BODY AND CORE

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>

## **ON DEMAND WORKOUT: BOOTY BURN**

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength, Warm Up

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice.

equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-booty-burn/>