



PLAN DETAILS

IMPROVED ARABESQUE HEIGHT

CATEGORIES: Strength

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/improved-arabesque-height>

Help your dancers use their glutes, turn out and core to lift their legs effortlessly instead of overusing their low back and hips in their arabesque.

1. 30 seconds, 3 times through
2. 12 reps, each side, 3 times through
3. 30 seconds, each side, 3 times through
4. 30 seconds, each side, 3 times through
5. 10 reps, each side, 3 times through
6. 10 pulses, each side, 3 times through
7. 12 reps, each side, 3 times through

Abs

Core

Glutes

Hamstrings

Hips

WALL SIT TOE TAPS

LEVEL: Intermediate

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit-toe-taps>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-deadlift>

SIDE PLANK LEG LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/side-plank-leg-lift>

SQUAT SLIDER

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Warm Up

<https://dancer-fitness.com/exercise/squat-slider>

CORE LEG PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/core-leg-pulse>

LUNGE AIR PLANE

LEVEL: Intermediate

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-air-plane>

HIP BRIDGE ADVANCED

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/hip-bridge-advanced>