

## LONGER LINES (ANKLES & FEET)

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://www.dancer-fitness.com/plan/longer-lines>

Have you ever told your dancers their feet look like dead fish? Guilty! There's nothing worse than flexed and floppy feet hanging off of slightly bent knees and wiggly ankles. If your dancers need a little boot camp from the knees down, you'll love this plan!

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

ankles

Glutes

Hamstrings

Jumps

kicks

Leaps

## ADVANCED CURTSY SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://www.dancer-fitness.com/exercise/advanced-curtsey-squat>

## ONE LEG SKIP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Warm Up

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

## BOWLER SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

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

## SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power

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

## RELEVÉ TONDUE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Warm Up

<https://www.dancer-fitness.com/exercise/releve-tondue>

## PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength, Warm Up

<https://www.dancer-fitness.com/exercise/partner-wall-sit-high-knees>