

**Items Needed for Classes:** All Students will need to bring a Yoga Mat, Exercise Bands, ankle weights, yoga block, & 2 & 5lb or 5 & 10lb weights with them to class.

## MUSCLE TRAINING

A Muscle Training for Dancers class is a strength-focused conditioning session designed to build power, control, and resilience without sacrificing flexibility or artistry. Using light-to-moderate weights, resistance bands, and targeted core training, dancers develop the muscular support needed to elevate technique and prevent injury.

### Class Focus

This is not bodybuilding — it's intelligent strength training tailored specifically to the demands of dance: jumps, turns, extensions, floor work, and partner work.

### Weighted Strength Training

Dancers use dumbbells and ankle weights to build functional strength in key areas:

- **Glutes & hamstrings** for higher jumps and controlled landings
- **Quadriceps** for pliés and sustained balances
- **Calves & ankles** for stronger relevés and stability
- **Upper back & shoulders** for clean port de bras and lifts

Movements such as squats, lunges, Romanian deadlifts, and shoulder presses are performed with precise alignment and tempo control to ensure strength translates directly into technique.

### Resistance Band Work

Exercise bands add dynamic resistance and help activate stabilizing muscles:

- Lateral band walks for hip stability and turnout support
- Clamshells and glute bridges for deep hip engagement
- Ankle band work for jump takeoff and landing control
- Scapular stabilization exercises for arm placement and posture

Bands challenge dancers to maintain control through full range of motion — especially important for turnout and extension.

## **Core Training for Dancers**

Core work goes beyond crunches. The emphasis is on deep stabilizers:

- Transverse abdominis activation
- Oblique strength for turns
- Lower abdominal control for leg lifts
- Back extensors for arabesque and posture

Exercises may include planks, dead bugs, slow leg lowers, rotational stability drills, and controlled back extension work — all performed with breath awareness and spinal alignment in mind.

## **What Makes This Class Different**

- Strength is trained through full range of motion
- Alignment and technique are constantly corrected
- Movements are slow, controlled, and intentional
- Exercises mimic dance patterns for direct carryover

## **Benefits for Dancers**

- Higher jumps with safer landings
- Stronger, more stable turns
- Greater extension control
- Reduced knee, ankle, and lower back strain
- Improved stamina during choreography

The result is a dancer who feels powerful yet fluid — strong enough to support demanding choreography while maintaining the elegance and precision that dance requires.