My 2020 Fit Dancer Wish List

Fill In the blanks.

This season I noticed my dancers needed morewhen						
I Wish we could have included these skills						
I wish these skills were more consistent						
We really struggled with						
We excelled at						
Judges consistently mentioned our need to work on						

Other Ihoughts:

Create 5 Goals Based on the Above:

01

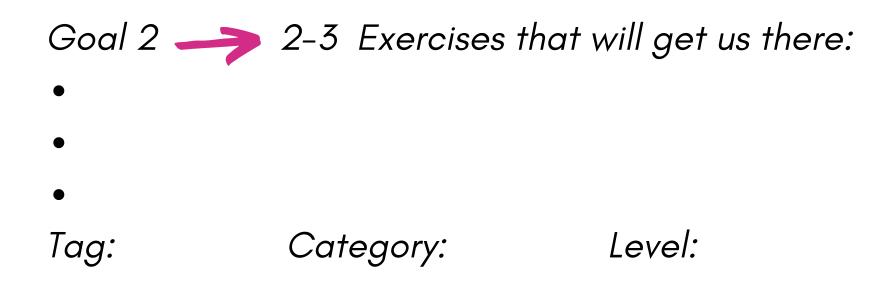
Goal 1:	 	
Goal 2:	 	
Goal 3:	 	
Goal 4:	 	
Goal 5:	 	

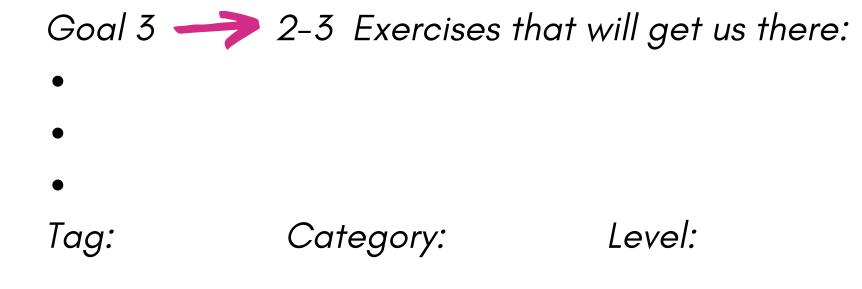
03

Brainstorm a plan using the Dancer-Fitness.com Filtering Tool

Goal 1 — 2-3 Exercises that will get us there:

- Level: Category: Tag:

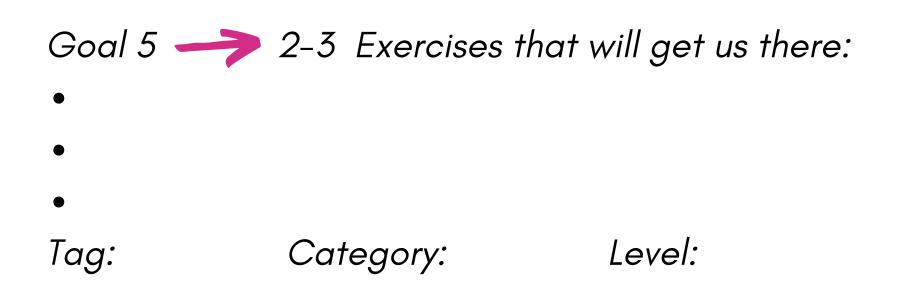




Goal 4 — 2-3 Exercises that will get us there:







04

Schedule 5 - 10 minutes per class to incorporate these exercises! Use as a warm up before you stretch or add in after stretching.

Ps. Don't forget about the training plans on Dancer-Fitness.com! Become a member to download, print or pull them up on any device in your class.