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

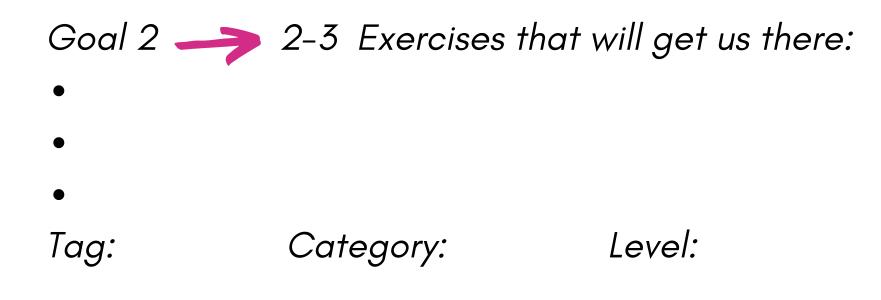
| Goal 1: | | |
|---------|------|------|
| Goal 2: | | |
| Goal 3: | | |
| Goal 4: | | |
| Goal 5: | | |

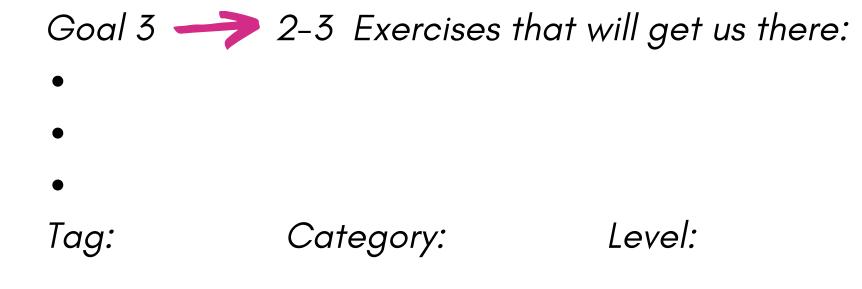
03

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

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

- Level: Category: Tag:

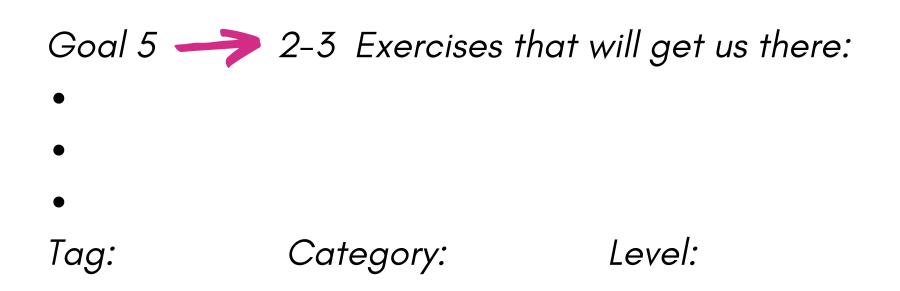




Goal 4 — 2-3 Exercises that will get us there:







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.