

Dancer's Body Workout

www.theundergroundbootcamp.com

[@TheLadyTrainer](https://www.instagram.com/TheLadyTrainer)



Advanced Side Lunges

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold on the outer thigh raise

Rest In Between Sets: 5 seconds



Reverse Lunge Kick

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the kick position. Kick as high as you can.

Rest In Between Sets: 5 seconds



Squat Jump

Sets: 2

Reps: 10 in each set, with a 2 second hold in the down position. Jump as high as you can.

Rest In Between Sets: 5 seconds



Side Lunges

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the lunge position

Rest In Between Sets: 5 seconds



Pilates Double Leg Kick

Hold each leg lift for at least 3 seconds. Keep your toes pointed like a ballerina's and abs pulled in tight.

Sets: 2 (on each side)

Reps: 10 in each set

Rest In Between Sets: 5 seconds



Pilates Single Leg Kick

Hold each leg lift for at least 3 seconds. Keep your toes pointed like a ballerina's and abs pulled in tight.

Sets: 2 (on each side)

Reps: 10 in each set

Rest In Between Sets: 5 seconds



Single Leg Bridge

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds



Pilates Half Crunch

Keep your abs pulled in tight and your toes pointed at all times.

Sets: 2 (on each side)

Reps: 10 in each set, with a 3 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds



Pilates Side Plank With Variation

Keep your abs pulled in tight, your head straight and your fingers pointed up.

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the up position and a 2 second hold in the down position.

Rest In Between Sets: 5 seconds



Pilates Back Reach

Keep your abs pulled in tight, your head straight and your fingers and toes pointed.

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds

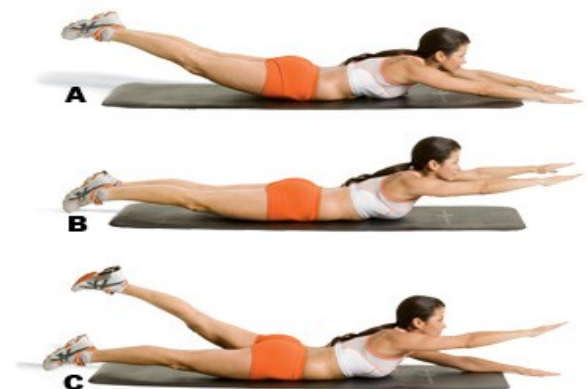


Kickbacks

Sets: 2

Reps: 10 in each set, with a 2 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds



Superman With Variation

Reps: 6

Duration: 15 seconds (hold superman position for 15 seconds)

Rest In Between Reps: 5 seconds

Keep your toes pointed down and fingers pointed up.



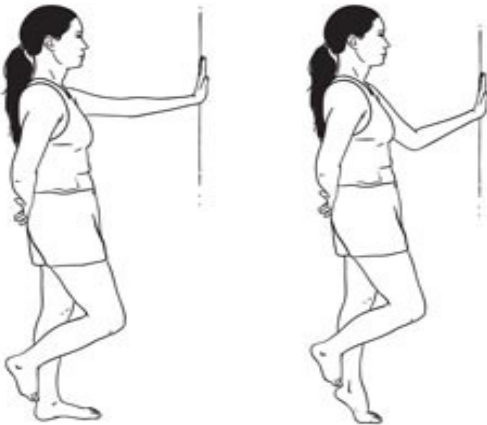
Yoga Side Stretches

Sets: 2

Reps: 10 in each set, (alternate between your right and left sides in each set) with a 2 second hold and stretch in the up position.

Rest In Between Sets: 5 seconds

Hold each stretch for at least 5 seconds.



Calf Raises

Aim for 100 calf raises

Sets: 4 (2 on each side)

Reps: 25 in each set

Rest In Between Sets: 5 seconds



Bicycle Crunches

Sets: 4

Reps: 20 in each set

Rest In Between Sets: 5 seconds



Yoga Boat Pose

Reps: 4

Duration: 20 seconds (hold pose for 20 seconds...Don't forget to breath)



Rest In Between Reps: 5 seconds