Training to improve

* Dance classes always start with technique classes to keep the body in shape.
* These classes maintain and improve strength, endurance, flexibility and agility as well as overall cardio vascular fitness (the other components of fitness will also be developed e.g. power & balance).
* These classes also improve the dancers technique as well as developing posture and alignment.
* Additional training is sometimes needed to ensure that the body is fully prepared for dance session, rehearsals and performances.

Training must be…….

SPECIFIC:

PROGRESSIVE:

OVERLOAD:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Component of fitness | Exercises to improve | Duration / repetition of exercise | Frequency of exercise | Example… |
| Flexibility | Stretches: passive, static, PNF, dynamic. | Held for 8-10s3 Reps | At least 3 times per week | Static hamstring. Sat on floor legs out in front. Reach to feet. Hold & repeat |
| Muscular endurance |  |  |  |  |
| Strength |  |  |  |  |
| Agility |  |  |  |  |
| Cardio vascular |  |  |  |  |