

Strength + Conditioning

Supplemental Weight Training, Circuit Training, and Progressive Resistance Training has been proven to benefit dancers lower body strength, muscular endurance, flexibility, and overall technique performance.

In order to help dancers achieve their maximum potential I have put together the following list of materials that Dancers should bring into their strength and conditioning class. It is likely that most if not all equipment will be used during every single class.

Your dancer may already have most if not all of these items, if you have any questions about something they may already have or you are purchasing from a different website/different amazon seller please feel free to email: claudiarichchoreo@gmail.com . I am happy to answer any questions!

I. Therabands + Therabands With Loop

-Theraband Loops- Latex or Fabric is okay, Fabric is preferred and is less likely to snap in my experience.

Example:

https://www.amazon.com/dp/B08XMQ7ZCT/ref=sspa_dk_detail_3?psc=1&pd_rd_i=B08XMQ7ZCT&pd_rd_w=O5jvD&pf_rd_p=887084a2-5c34-4113-a4f8-b7947847c308&pd_rd_wg=llhN5&pf_rd_r=BS54ES55FR4OYNVZDSPY&pd_rd_r=19b813fc-a105-475e-aa00-f05b30a11927&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyRTBGODhNVTA1UVNUJmVuY3J5cHRlZElkPUwMTg3MDI2MTdEVzI3UUpTQ01YSCZlbnNyeXB0ZWRBZEIkPUEwMzg4MTM4M0lZnk dDN1dKWDNTVSZ3aWRnZXROYW1IPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNRPXRYdWU=

-Therabands - Most resistance bands are sold in a set of three which is perfect to help dancers continue to progress as they grow stronger throughout the year. Your dancer may already have bands and those will work, if your dancer does not have therabands I have attached the following link below: (Target + Walmart are also great options in addition to Amazon. Be weary of anything less than 10 dollars as the material is more likely to snap)

Example:

https://www.amazon.com/TheraBand-Resistance-Professional-Non-Latex-Exercise/dp/B01A58FHQ8/ref=sr_1_14_sspa?crd=2ARUW5LFFE1XZ&dchild=1&keywords=resistance+band&qid=1628990811&s=sporting-goods&sprefix=resi%2Csporting%2C403&sr=1-14-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQU1WOE84UkdOTDBTJmVuY3J5cHRlZElkPUEwMTU1NzA2MUNDNTE3SIFPWkpXSyZlbnNyeXB0ZWRBZEIkPUEwMDc4NjE4MTRGMUt JOUZOQ1BaRCZ3aWRnZXROYW1IPXNwX2I0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNRPXRYdWU=

II. Core Discs

-Sold at both Walmart and Target- I love the amazon link I attached because you get 2 discs (each dancer should have two discs- one for each foot) AND a stretch strap for a great price:

https://www.amazon.com/gp/product/B082XRYWPO/ref=ewc_pr_img_1?smid=A1S4O6G31HSI0G&psc=1

