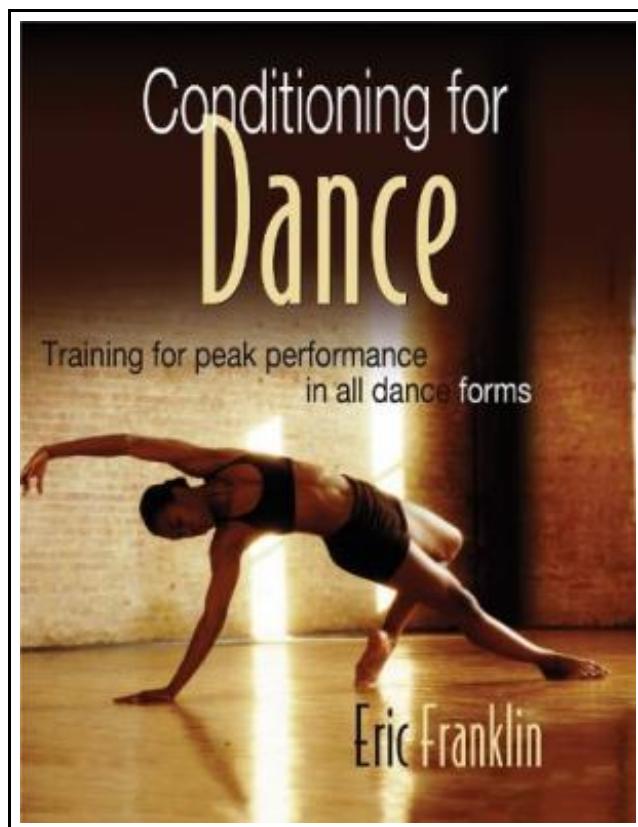


Conditioning for Dance: Training for Peak Performance in All Dance Forms



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CONDITIONING FOR DANCE: TRAINING FOR PEAK PERFORMANCE IN ALL DANCE FORMS

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Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. Even the best sense of rhythm, the most careful technical training, and the most astute dance intuition arent enough to make a dancer truly excel; you also need focused strength, balance, and flexibility to execute the movements with power and grace. Conditioning for Dance improves your technique and performance in all dance forms by strengthening the bodys core (abdominal and back muscles) while improving coordination, balance, and alignment and optimizing flexibility. The result is more lift without tension, deeper plis, higher jumps with less effort, tighter turns, and improved extension and turnout. Conditioning for Dance is the result of years of practical experience combined with scientific and anatomical analysis. Author Eric Franklin is an internationally known dancer, teacher, choreographer, and writer. His innovative, proven techniques will help you execute key dance skills better as you-strengthen the muscles you use in dance by performing exercises with elastic resistance bands;-start and move in proper alignment using imagery;-improve your balance and release tension through playful exercises with small balls; -develop leg and torso power that translates to higher jumps and tighter turns; and-optimize your flexibility through touch, movement awareness, and imagery. The book features 102 imagery illustrations paired with dance-specific exercises to help you maximize bodymind conditioning and develop more fluid mobility, balance, and tension release. The book culminates with a 20-minute, full-body workout routine designed to help dancers warm up, condition, and refine their dance technique. Youll learn how to execute lifelong dance skills that give power without the risk of injuries. By working the muscles through movements and ranges of motion that approximate the demands of your chosen dance form, you directly enrich your performance capabilities. And as you strengthen the bodys core, stretch to gain...

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