



Conditioning for Dance

Eric Franklin

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Even the best sense of rhythm, the most careful technical training, and the most astute dance intuition aren't 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 body's core (abdominal and back muscles) while improving coordination, balance, and alignment and optimizing flexibility. The result is more lift without tension, deeper pliés, 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 body–mind 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. You'll 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 body's core, stretch to gain just the right amount of flexibility, and incorporate the power of the mind, you unleash your full artistic and physical potential.

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Often the book Conditioning for Dance has a lot info on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. Mcdougal makes some research previous to write this book. This kind of book very easy to read you can find the point easily after reading this article book.

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