



Conditioning for Dance

By 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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Cynthia Medina:

The book Conditioning for Dance give you a sense of feeling enjoy for your spare time. You should use to make your capable far more increase. Book can to become your best friend when you getting strain or having big problem together with your subject. If you can make looking at a book Conditioning for Dance to be your habit, you can get a lot more advantages, like add your capable, increase your knowledge about a few or all subjects. You may know everything if you like open and read a publication Conditioning for Dance. Kinds of book are a lot of. It means that, science e-book or encyclopedia or others. So , how do you think about this book?

Ruth Santiago:

The ability that you get from Conditioning for Dance will be the more deep you digging the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to be aware of but Conditioning for Dance giving you buzz feeling of reading. The article writer conveys their point in particular way that can be understood by simply anyone who read the idea because the author of this e-book is well-known enough. This book also makes your own vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this Conditioning for Dance instantly.

Robert Stitt:

This Conditioning for Dance is great book for you because the content that is certainly full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it info accurately using great arrange word or we can point out no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but hard core information with wonderful delivering sentences. Having Conditioning for Dance in your hand like keeping the world in your arm, details in it is not ridiculous a single. We can say that no e-book that offer you world throughout ten or fifteen minute right but this reserve already do that. So , this can be good reading book. Hey Mr. and Mrs. active do you still doubt in which?

Effie Steger:

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