

*Conditioning For Dance Training Peak Performance In All Forms*  
*Eric Franklin*

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### **Conditioning For Dance Training Peak**

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 ...

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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.

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Eric Franklin's Conditioning for Dance will help you achieve higher jumps, tighter turns and more tension-free lift by: Strengthening your core using Thera-Band Exercise Bands, increasing balance with the use of small balls, improving proper alignment using imagery, optimize flexibility through touch, movement awareness and imagery.

### **Conditioning for Dance | Eric Franklin | OPTP**

Conditioning for Dance: Training for Peak Performance in All Dance Forms. Franklin, Eric This book is designed to help dancers improve their technique and performance in all dance forms by strengthening the body's core while improving coordination, balance, alignment, and flexibility.

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Get this from a library! Conditioning for dance : [training for peak performance in all dance forms]. [Eric N Franklin] -- "Conditioning for Dance features 170 imagery illustrations paired with 160 dance-specific exercises to help you maximize body-mind conditioning. The book culminates with a 20-minute, full-body ...

### **Conditioning for dance : [training for peak performance in ...**

Maximising body-mind conditioning for fluid mobility and balance Author: Eric Franklin This volume features 102 imagery exercises paired with dance-specific exercises to help maximise body-mind conditioning and develop more fluid mobility, balance, and tension release. The book culminates with a 20-minute, full-body barre workout routine designed to help dancers warm up, condition, and refine ...

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