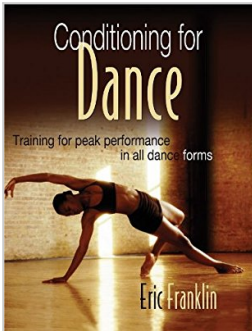


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## Conditioning for Dance

By Eric Franklin

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### Conditioning for Dance By Eric Franklin

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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### Editorial Review

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##### **Rafael Brooks:**

Here thing why this Conditioning for Dance are different and reputable to be yours. First of all examining a book is good however it depends in the content of computer which is the content is as delightful as food or not. Conditioning for Dance giving you information deeper since different ways, you can find any e-book out there but there is no guide that similar with Conditioning for Dance. It gives you thrill studying journey, its open up your personal eyes about the thing which happened in the world which is probably can be happened around you. You can bring everywhere like in area, café, or even in your technique home by train. When you are having difficulties in bringing the imprinted book maybe the form of Conditioning for Dance in e-book can be your option.

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##### **Wayne Hankinson:**

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