



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

By Eric Franklin

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 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 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...



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