



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

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 plies, 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.

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

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From Reader Review Conditioning for Dance: Training for Peak Performance in All Dance Forms for online ebook

Karin Stevens says

All dancers should keep this book by their side and incorporate it weekly.

Claudia says

for my dance class this semester at college! my favorite one of the two i had to read and do a report on.

Janie says

A great companion to his book on imagery. Geared to the professional dancer, but certainly useful for anyone who loves to dance.

Francisco says

It is a great book to gain the conciousness needed in whatever activity related to movement, one can have.

Duffy Pratt says

It's a bit unfair for me to be reviewing this. I have done some ballroom dance and argentine tango for about the last year. This book presumes a good deal of familiarity with technique from ballet, Jazz and modern dance. I took one semester of ballet classes way back in college and it would be charitable to say that I sucked. So, from the outset, this book was way over my head.

There are lots of exercises here for relaxation and to increase various ranges of motion. Before I say anything about them, I should really give them a chance. There's also a conditioning workout at the end of the book that looks really good, but I haven't tried it yet. Maybe I will go back at some point and try more that's in the book. But for a novice who dabbles in another kind of dance, this was the wrong choice. It just seems like there aren't many alternatives.

AJ says

Way too advanced for me.

Gluhpy Memee says

This book changes my life....I'm dancing much more happily now.

Amy says

This is great! Lots of awesome visualizations and discussions of dance and dance practice. I like the emphasis on bettering your dance practice and also finding more joy in it.
