



DANCERS WHO LIFT

A 4-week program to start your strength journey.

Created by dancer and physical therapist,
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COMT.

DANCERS WHO LIFT

Week 1



MONDAY

EXERCISES	SETS	REPS
wall sit	3	30 sec
bear holds	3	30 sec
standing IR	3	6 reps
squats to chair	3	10 reps

WEDNESDAY

EXERCISES	SETS	REPS
wall sit	3	30 sec
bear holds	3	30 sec
standing IR	3	6 reps
squats to chair	3	10 reps

FRIDAY

EXERCISES	SETS	REPS
pogos	3	30 sec
lateral shuffle	3	30 sec
mountain climbers	3	30 sec
bear hold	3	30 sec

SUNDAY

EXERCISES	SETS	REPS
rest day!		

TUESDAY

EXERCISES	SETS	REPS
inchworms	2	8 Reps
heel raises	3	10 reps
side steps	5	mod band
side plank (knees)	6	1 reps, 10 sec

THURSDAY

EXERCISES	SETS	REPS
inchworms	2	8 Reps
heel raises	3	10 reps
side steps	5	mod band
side plank (knees)	6	1 reps, 10 sec

SATURDAY

EXERCISES	SETS	REPS
rest day!		

“You miss 100% of the shots you don’t take.

-Michael Jordan

-Michael Scott”





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Looking for custom videos,
consistency check ins, and the
rest of the 4 weeks?

Email

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