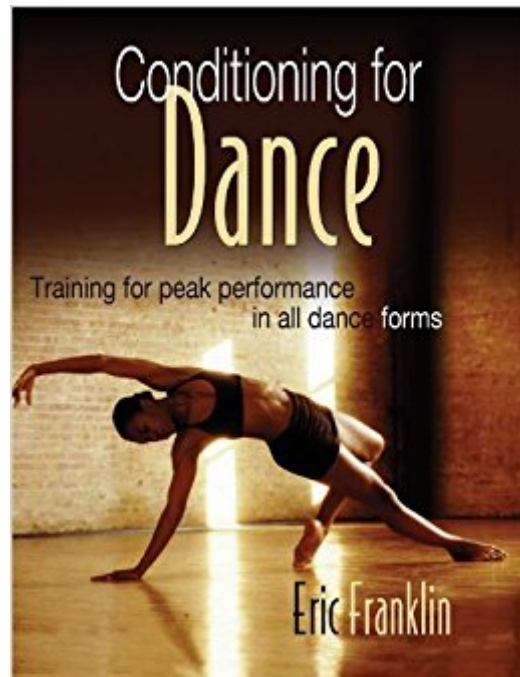




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Conditioning For Dance



Synopsis

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.

Book Information

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Customer Reviews

"From Dance Teacher""A worthwhile read for dancers and teachers.""" From Library Journal""Dancers looking for more range of movement, power, or a way to address a specific problem will find this text valuable. Readers interested in kinesiology and sport medicine will also appreciate it. Recommended for larger public and academic libraries."""

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If you are a dancer or interested in learning about movement, this book will take you to another level of body awareness, helping you build strength and flexibility over a full range of motion. Also if you are an older dancer (beyond 40) I highly recommend adapting the many useful tips and exercises Mr. Franklin offers to help you stay injury free. It's all about longevity!

This book has been an interesting addition to my arsenal of texts on conditioning, imagery, and general anatomical knowledge while trying to keep my body safe while dancing. There are many pictures and clearly written explanations that helped me to understand exactly what muscles are being used for certain movements and how to imagine various movements so that I execute them with less tension.

Franklin writes for the Dancer: the person who is never not dancing, the person who dances from the inside out, who considers every movement s/he makes as being a dance movement, not as seen from the outside, but as initiated from within. This is not a little girl's book. It is more of an anatomy book for dancers. Imagery plays a large part in Franklin's helpful exercises. There are several "aha" moments as some of his ideas hit home. He will certainly enlarge your thinking as a dancer

All you have to do is follow the exercises, reading is the easy part.

Remarkable book, amazing technique and bravo all around. Prime doesn't hurt either.

Just got the book and I've learn so much from the 1 chapter alone....This is truly a dancers guide...if you're wanting to learn how to properly condition your body; training certain muscles that will enable you to have swift but smooth movements, or better spins. This book is for you. Glad I purchase this book.

this is a very good book i have borrowed one from a friend dancer of mine and its awesome the way it uses imagery to help you understand how to do certain moves and corrections while using a theraband which by the way is a very good tool for any stage of dancer or any sport's active person. It helped me correct some things i was doing wrong in my ballet class but helping me strengthen certain muscles. I would recommend this book to everyone who dances or does any kinds of sports. You dont need a gym when you have this book it covers every body part. I rate this one 5 stars!!!

It gives you plenty of different exercises to do to increase muscle, stamina, and flexibility! I would defiantly recommend this for any dancer wanting to improve!

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