

Conditioning for Dance

Training for peak performance
in all dance forms



Eric Franklin

Conditioning For Dance

Donna Krasnow, Jordana Deveau



Conditioning For Dance:

Conditioning for Dance Eric Franklin, 2017-10-13 Eric Franklin's first edition of *Conditioning for Dance* was a bestseller and it is back and better than ever offering state of the art conditioning exercises for dancers. An internationally renowned master teacher, Franklin has developed a science-based method of conditioning that is taught and practiced in companies and schools around the world. In this new edition of *Conditioning for Dance*, he integrates the latest scientific research on strength, flexibility, and conditioning into his dance exercises. New to This Edition: Since the first edition, the topic of dancers' health, wellness, and conditioning has taken on even greater importance in the dance community. Franklin has responded to this increased emphasis by adding these new exercises and resources: Over 100 new conditioning exercises for all parts of the body to support dancers in a wide range of genres, forms, and styles; Over 100 new illustrations and photos to explain and show the exercises; Two new chapters with exercises for a complete conditioning plan; A new web resource that offers 17 video clips featuring Franklin showing correct execution of the conditioning exercises from the book; two 20-minute portable whole-body workouts that use elastic bands to increase strength and aerobic conditioning for dance; and a personal conditioning program you can use to set goals chapter by chapter and monitor your conditioning development to support your performance. The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately. In addition, the book is now printed in full color to enhance image quality in showing technique. *Conditioning for Dance* now has separate chapters for shoulders and feet with additional information on calves and ankles. Franklin also offers practical tips to help you develop your personal conditioning plan, which you can set up through the web resource. *Applying Principles Through the Franklin Method*: *Conditioning for Dance* is available in print and electronic formats. It uses the principles of resistance training, physics, anatomy, biomechanics, and neuroplasticity, using imagery for positive mental and physical changes as applied to dance conditioning. *Conditioning for Dance* blends imagery, focus, and conditioning exercises for dancers to enhance their technique and performance while practicing injury prevention strategies. Franklin uses experiential anatomy to show and explain how the conditioning principles work to condition your body. As you undertake the exercises, you gain awareness of the body's function and design and take in the knowledge of the principles through movement. This method, known as the Franklin Method, leads to greater understanding of your body, enhanced performance, and fewer injuries. Franklin developed the training systems within the book as well as a line of equipment including the Franklin Band and Franklin Balls. Franklin has designed the exercises to transfer directly into dance steps as such, they are appropriate for incorporating into the preparation time for dance classes. You can use the two 20-minute elastic band workouts from the web resource to prepare you for class or rehearsal and build your strength and aerobic capacities. *Immediate Benefits*: *Conditioning for Dance* offers you the culmination of decades of wisdom and experience in dance conditioning from a master teacher. By using its practical exercises, mind-body relationships

and conditioning routines and in transferring the book knowledge to body experience you will notice immediate benefits to your conditioning strength and flexibility You will become kinesthetically aware create great dance technique from within your own body and begin to craft injury free and artistically successful routines Conditioning for dance : training for peak performance in all dance forms Eric Franklin,2004 **Strength and Conditioning for Dancers** Matthew Wyon,Sefton Clarke,2021-11-16 Strength and Conditioning for Dancers is an accessible guide to how to design and incorporate supplemental fitness training into a dancer s schedule It links current evidence on the relationship between physical fitness dance performance and injury incidence breaking it down into clear and convenient sections starting with the fundamentals of muscle physiology and training principles and moving on to specific training components Key topics covered in the book include self screening programme design specific exercises for the core upper and lower body basic Pilates nutritional support for training and finally programmes to get you started Featuring practical training programmes to get you started this user friendly book will be of great value to dancers teachers and trainers looking to enhance both fitness and performance **Conditioning for Dancers** Tom Welsh,2009 This book empowers conscientious dancer athletes to take an active role in directing their own training and development The author s clear straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility precise alignment and movement efficiency are high priorities book cover **Conditioning for Dance 2nd Edition** Franklin, Eric,2018-10-21 Eric Franklin s first edition of Conditioning for Dance was a bestseller and it is back and better than ever offering state of the art conditioning exercises for dancers An internationally renowned master teacher Franklin has developed a science based method of conditioning that is taught and practiced in companies and schools around the world In this new edition of Conditioning for Dance he integrates the latest scientific research on strength flexibility and conditioning into his dance exercises **Conditioning for Dance** Eric Franklin,2018 *Ball Conditioning for Dancers* Lisa Howell,2019-01-30 A large exercise ball can be a dancers best friend and is wonderful for assisting in developing deep core strength however many people do not know how to use a ball properly This course starts with the basics of core control and progresses to advanced exercises in an easy to follow way Combining exercises on the stability ball with the principles of Pilates enhances your core activation and strength and stability through your pelvis and hips You will also learn how to increase mobility and control of your spine which will rapidly improve your overall strength for dance class While some activation and isolation exercises are explored on the mat we will also challenge our bodies in various positions in relation to the ball from very basic exercises to others at a high level This two stage course will build towards a comprehensive set of exercises that you can use on a regular basis within your current training This does not mean that you have to do all of the exercises in the book at once but it will provide you with a good selection of new and challenging exercises to enhance your training In the beginning working on a ball can be very tiring so picking just a few exercises to

work on and perfect will provide the best results This program is ideal for dedicated dancers who want to take their training to a new level and who are wishing to develop the specificity of their dance conditioning exercises to support their class work

Conditioning with Imagery for Dancers Donna Krasnow, Jordana Deveau, 2010 Harnessing the Wind Jan Erkert, 2003 Illustrated with abstract and imaginative photographs this is a philosophical guide for the dance field about the art of teaching modern dance Integrating somatic theories scientific research and contemporary aesthetic practices it asks the reader to reconsider how and why they teach **Dancing Longer Dancing Stronger** Andrea Watkins, Priscilla M. Clarkson, 1990 Ballet jazz modern and aerobic exercises to complement in class work or to enhance performance Dance Teaching Methods and Curriculum Design Gayle Kassing, Danielle Jay-Kirschenbaum, Danielle Mary Jay, 2021 Dance Teaching Methods and Curriculum Design Second Edition presents a comprehensive model that prepares students to teach dance in school and community settings It offers 14 dance units and many tools to help students learn to design lesson plans and units and create their own dance portfolio *Safe Dance Practice* Edel Quin, Sonia Rafferty, Charlotte Tomlinson, 2015-06-03 Every dancer of every age ability and style should be able to engage fully in the act of dancing and be encouraged to achieve their potential without risk of harm to the body or mind Practical information on all aspects of safe practice that is not too simplistic or complex has not always been easy to find Enter *Safe Dance Practice* by Edel Quin Sonia Rafferty and Charlotte Tomlinson With nearly 60 years of collective experience in the dance profession as creative artists teachers and researchers the authors translate extensive research and evidence based practice in order to present the principles of safe practice that are essential to any dance experience Guidelines in Implementing Principles The authors offer evidence based guidelines on implementing diverse principles in practice informing and supporting dance practitioners in an ever growing pool of styles and genres These guidelines and principles are of use not only to dancers and dance educators but also to choreographers rehearsal and company directors and studio managers The information is underpinned by research in dance science and applied with contextual delivery in mind ensuring an engaging experience for those accessing the book Benefits to Readers The authors guide readers in these aspects Facilitating a physically and psychologically safe and supportive dance environment Understanding principles of anatomy and biomechanically sound alignment Implementing effective physiological preparation and progression through warm up and cool down protocols as well as supplementary fitness and conditioning Minimizing risk of injury and understanding injury management aligned with appropriate rest and recovery strategies Incorporating advice on nutrition and hydration for enhanced performance and healthy dance practice Tailoring delivery to the specific needs and demographics of participants for diverse engagement with dance Evaluating personal practice in order to assess and monitor effective application of the principles Holistic and Inclusive Approach *Safe Dance Practice* takes a multidisciplinary approach to the components of dancing safely integrating principles without compromising dancers artistic creativity and expression The authors examine not only the immediate variables associated with occurrence

of injury but also delve into contributing factors such as nutrition alignment rest and recovery and supplementary fitness and conditioning This comprehensive approach is evident throughout including a dedicated chapter that will help readers apply the principles to dancers of diverse ages standards and physical abilities Features of the Book Safe Dance Practice includes diagrams that illustrate ideal and compensated alignment and posture which readers can apply when assessing all dancers in all genres case studies that help readers contextualize their learning as they see it portrayed in an applied environment at a glance chapter summaries and highlighted key points to help readers retain critical information cross referencing to guide readers to related information in other areas of the book and sources for additional information Safe Dance Practice contains 11 chapters which can be accessed sequentially or studied in any order The first eight chapters present environmental anatomical physical and psychological principles of safe dance practice Each chapter includes strategies and examples for putting the principles into practice in relation to dance styles and settings Chapter 9 focuses on injury awareness and management and chapter 10 offers guidelines on adapting the principles to a range of dance populations Chapter 11 helps readers to understand the value of continued monitoring of their practice and includes a checklist of safe practices Six appendixes supply a series of aids and templates to use as learning resources for ongoing professional development This text offers pragmatic recommendations from the authors who combine scientific fact with experience The principles are presented in a practical fashion with many specific examples The take home messages checklists and templates make this text accessible and valuable Bridging the Gap Between Science and Practice Safe Dance Practice bridges the gap between academic research and its application for dancers and educators in all levels and genres It illuminates the principles of working safely in dance so as to support best practice and encourages all dance practitioners and leaders to better understand communicate and apply principles of safe dance practice With its applied perspective on dance science Safe Dance Practice will resonate with readers who want their dance experience to be factually endorsed while allowing sufficient scope for artistic expression Such evidence based practice will enable readers to access wider sources of information to aid their ongoing development whilst empowering them to take responsibility for their own safe dance practice and that of others with whom they interact

Conditioning for Dance Sue Ellen Stigleman, 1979 **Injury Prevention and Management for Dancers** Nick Allen, 2019-11-25 Dancers represent a unique athletic population They can often be required to perform a variety of shows of differing intensity and styles professional ballet dancers may perform up to 150 shows a year across eighteen different productions The dynamic and demanding nature of dance can however lead to injury making injury prevention and management a vital part of dance training Drawing on research and knowledge from both sports and dance medicine this book will provide dance and healthcare professionals with a fundamental understanding of dance terminology physiology and movement requirements and how these relate to specific injuries commonly sustained in dance Proposed models and structures of pathology specific rehabilitation and usable examples are illustrated with step by

step photographs and anatomical diagrams as well as case studies for common injuries Training programmes conditioning exercises and advice are supported by findings from contemporary medical literature to ensure an informed conclusive and evidence based approach to the healthcare of dancers Chapters will cover a range of issues including the unique challenges seen in dance and how they differ from other athletic populations physical preparation and conditioning for dance injury prevention tracking and management models and an exploration of the regional anatomical injuries commonly seen in dance Structured rehabilitation and detailed exercise programmes are covered and dance criteria for musculoskeletal injuries concussion and post surgery are discussed

Dance Medicine & Science Guide Adriano Bittar,Matthew Wyon,Valéria Figueiredo,Derrick Brown,Aline Haas,2021-01-18 The inaugural actions of the Brazil United Kingdom Dance Medicine dance health education and many others ethically reflect and debate over the breadth and rigor necessary for the growth and valorization of this field of study

Dance Wellness Wilmerding, Mary Virginia,Krasnow, Donna,International Association for Dance Medicine & Science,2016-10-12 Dancer Wellness created by the International Association for Dance Medicine Science offers guidance on the foundations mental components and physical aspects of dancer wellness Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan

The Eda Handbook for Middle Eastern Dance David Of Scandinavia,2007-11-01 The EDA Handbook for Middle Eastern Dance provides an introduction to the most significant aspects of Egyptian Raqs Sharki as taught at the EDA under academy dean DaVid of Scandinavia

Essentials of Dance Psychology Sanna Nordin-Bates,2023 Essentials of Dance Psychology helps readers understand the psychological factors that affect dance and learn and apply psychological skills to their dance practice It also aids teachers in designing environments that inspire physically and psychologically healthy performance

Supplemental Conditioning for Dancers Jennifer L. Camp,2002

Conditioning for dancers William Pratt (3rd year dancers.),2005 Tests his hypothesis that it is more beneficial for dancers to use both weight training and Pilates conditioning simultaneously rather than as separate entities through research into both types of training case studies and a survey of students in the New Zealand School of Dance

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