

IMPORTANCE OF MUSCULAR STRENGTH TRAINING IN DANCE.

Presented by

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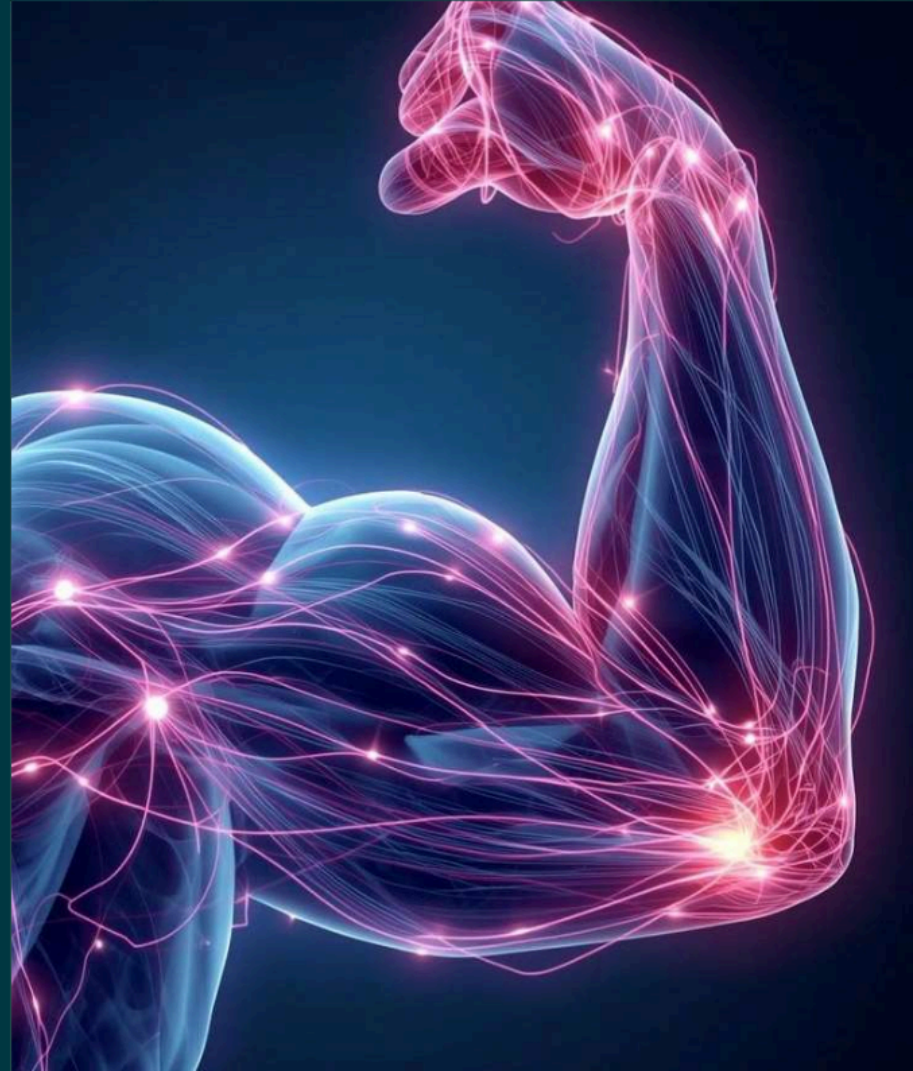
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Dance Training 1

WHAT IS MUSCULAR FITNESS?

Muscular fitness is about how well your muscles can apply force, sustain activity and produce power. It includes strength, endurance and power. Improving muscular fitness can enhance your overall health, boost metabolism and prevent injuries. In total it is important for everyday tasks and helps you move more efficiently in day-to-day life.



WHY DOES MUSCULAR TRAINING MATTER?

Muscular training is important because it helps increase muscle strength endurance and overall fitness. The main and most important elements of muscle training are.....

- **Increased strength**

It helps you lift heavier weights and perform physically demanding tasks more easily.

- **Improved bone density**

It strengthens bones, reducing the risk of osteoporosis.

- **Injury prevention**

Stronger muscles help support joint stability and reduce the risk of injury.

- **Enhanced cardiovascular health**

Stronger muscles improve circulation and help the heart rate pump blood more efficiently.

WHAT ARE THE DIFFERENT TYPES OF MUSCULAR FITNESS?

MUSCULAR ENDURANCE:

- The ability of a muscle to be able to maintain tension over time and sustain repeated contractions. This involves high repetition, low weight exercises to improve the muscles' ability to perform sustained work with minimal fatigue.

MUSCULAR STRENGTH:

- The ability of a muscle or group of muscles to focus on the maximal force that can be created in a single effort. So adversely to endurance, this would involve using a higher weight for less reps.

MUSCULAR POWER:

- The ability of a muscle or group of muscles to exert power quickly, combining strength and speed.



HOW ARE THESE USED IN DANCE AND WHAT ARE THE BENEFITS?

MUSCULAR ENDURANCE:

Crucial for maintaining technique, posture and preventing injury during long performances or rehearsals. It is heavily used to support repetitive movements like jumping, partnering and maintaining control during adagio (slow sustained movements). It also allows dancers to perform a choreographed routine consistently while maintaining energy and precision.

MUSCULAR STRENGTH:

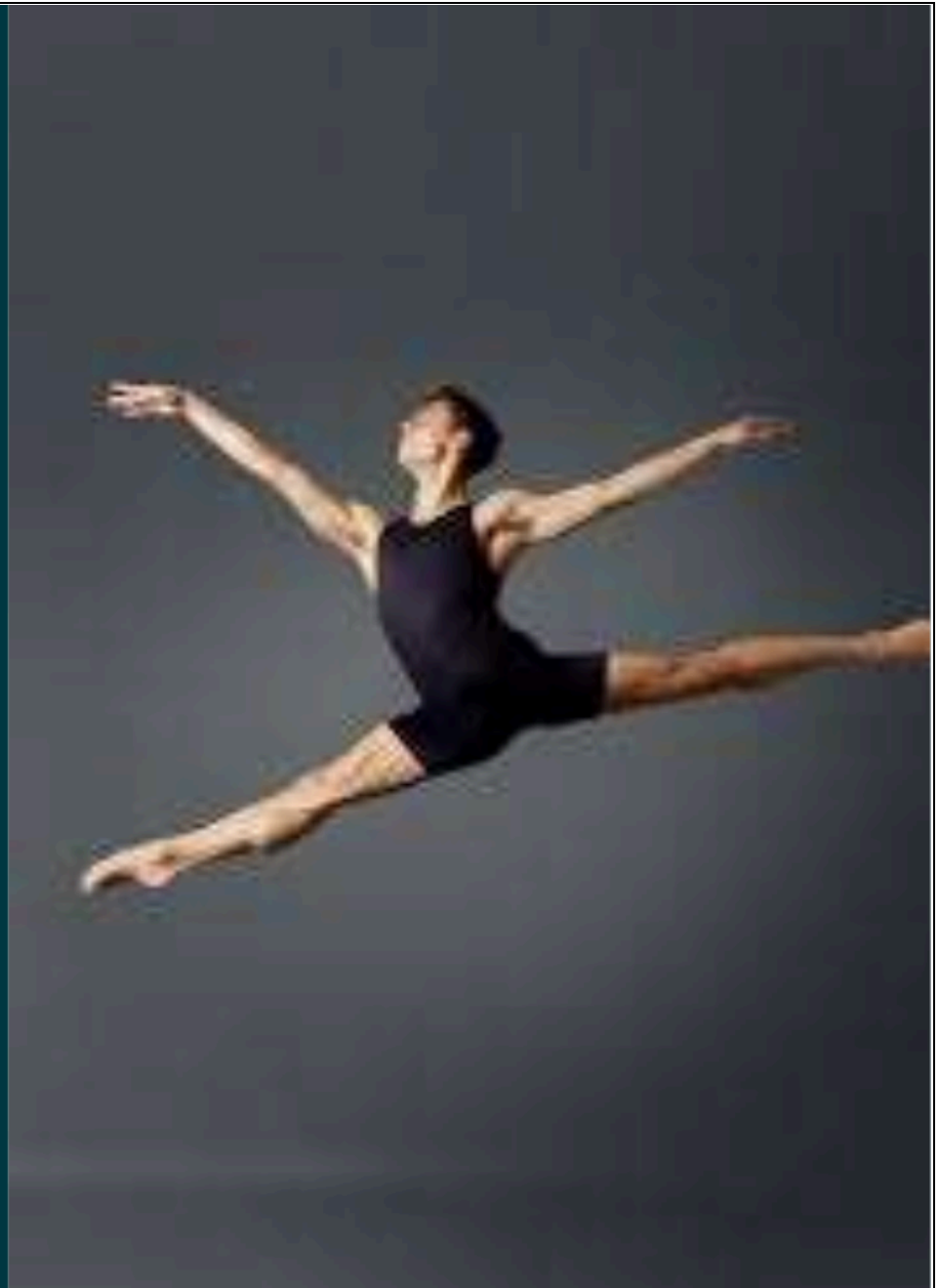
Essential for executing explosive jumps, sustaining high extensions and maintaining stability. For example, strength in the legs can absorb the impact when landing, also preventing injury. A strong core also improves overall balance improving aesthetic execution.

MUSCULAR POWER:

High leaps, for example grand jetes in ballet, require powerful quads and calves. Additionally in jazz/contemporary, often include fast and powerful changes in direction.

Flexibility:

Overall muscular fitness improves flexibility as you are strengthening your muscles in their full range of motion decreasing muscle stiffness helping with movements such as the splits and ensuring that these moves are performed safely.



DIFFERENT TYPES OF MUSCULAR FITNESS EXERCISES – BODYWEIGHT



Squats - Squats is a basic movement that allows growth in the entire posterior chain of your body, the group of muscles the rear end of your body. It can help improve mobility and strength by engaging multiple joints.

Lunge - Targets glutes, hamstrings, calves in hopes of developing core stability, balance and control by concentric and eccentric action meaning the muscles contract to return to the starting position

Hinge – Increases lower body power and can be used as an exercise to help prevent injuries and improve posture by maintaining a neutral spine.

Push – Focuses on upper body strength. It can help with the development of cardiovascular health and stability.

Pull – Targets the back muscles to help with preventing injuries and building balance and mobility.

Rotate - Turning motion to help with coordination, core stability and helps maintain control by training the side abdominals

Brace – Connects the spine and the rest of the body and helps with building core strength and injury prevention.

BENEFITS OF MUSCULAR FITNESS IN DANCE

Squats – Enhances power in lower body for higher jumps and control when turning.

Lunge - Allows balances to get better and develops travelling steps exercises including *pas de bouree*.

Hinge – Movements such as *Arabesque* and tilts are developed by progressing stability and core.

Push – Used to help support and enhance floor work.

Pull – Helps with partner work and hold alignment and posture whilst dancing.

Rotate - Turning motions can help with turns in dance and spirals.

Brace – Allows development in core control and helps maintain balance.



IMPORTANCE OF CIRCUITS FOR TRAINING

- Station circuits are high intense workouts rotating between different strength exercises.
- These include moving between different muscles groups and have been proven to be beneficial for shorter workouts.
- Every circuit can look different depending on the goals of the participator.
- It is mainly used to better cardiovascular fitness and muscular strength endurance.



FITNESS IN SPECIFIC DANCE STYLES

Jazz

Main Movements	Turns, leaps, kicks, step ball change
Key Muscles	Hamstrings, Quadriceps, Calves, Arms, Wrists
Fitness Quality	Power, endurance and strength
Common Injuries	Ankles, wrists, knees

Ballet

Main Movements	Plié, Pirouettes, Jumps, Rise
Key Muscles	Glutes, Back, Arms, Calves, Quadriceps
Fitness Quality	Balance, strength
Common Injuries	Feet, toes, ankles, back, knees, hips

Tap

Main Movements	Shuffles, Pick up, Paddles
Key Muscles	Ankles, Calves, Knees, Quadriceps
Fitness Quality	Speed, power, balance
Common Injuries	Ankles, knees

Becky

PREPARING TO DANCE

To keep fit as a dancer the person should be training regularly. These are some examples of what to train for each skill:

Skills → what skill to train → specific exercises

Power → Strength → Squats, deadlifts

Balance → Core strength → plank, crunches

Endurance → stamina/cardio → running long distance

Flexibility → motion of the joints → splits, stretches



TO FINISH - OUR SMART GOALS

Jess- I would like to be able to improve my turns in jazz and ballet. I will do this by practising every day, my aim is to be able to do at least a triple pirouette by May. This will allow me to progress in my jazz and ballet classes.

Izzy – I would like to be able to improve my pirouettes in ballet by the end of this academic year. I want to be able to go into level 5 being more confident and secure with my turning ability and will track my progress by seeing if I can move onto double pirouettes securely. I will work more on holding my core, keeping my balance and holding a high retire.

Lili - I would like to be able to reach the splits comfortably by the end of the academic year. I will track my progress by increasing my range more as I stretch my legs and implement dynamic stretching and create a stretching routine for 20minutes each night. This will allow me to develop in both ballet and jazz for level 5 and be able to control my leg to go higher in both.

Rebecca – I want to improve my stamina in Jazz to be able to get through long, high-energy routines. I want to achieve this over my next 2 years in university. I will start doing more cardiovascular training and track my progress by being able to see if I can get through more routines for a longer time.



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