Reading and Resources List
Strength and Conditioning in Dance: Power, Performance and Rehabilitation
Elmhurst School of Dance, Birmingham
30 October 2015

General:

Periodisation:

Cardiovascular:

Strength:
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Stretching:

Intervention studies:

Training Videos:
- Studio based strength training
  http://www.youtube.com/watch?v=5voX8RqWAP8
- Recovery stretch routine
  http://www.youtube.com/watch?v=g-PCbRubV_M
- Increasing your développé height
  http://www.youtube.com/watch?v=dT55XgaC3G0