



INSTRUCTIONS

SPEED BAG JUMP

CATEGORIES: Endurance, Power, Warm Up

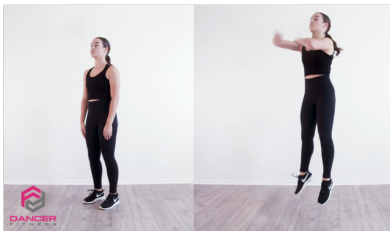
LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/speed-bag-jump>

Ankles

Jumps and Leaps

STEPS:



- With your hands in front of your face, rotate your palms in a circle going forward.
- Plie your lower body and pop off the balls of your feet.

Repeat 10 -12 jumps.