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INSTRUCTIONS

CROSS HOPS

CATEGORIES: Balance, Endurance, Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/cross-hops/>

Acrobatics

Ankles

Glutes

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body



Steps:

- Coupe ´ one leg behind the other and place your hands on your hips.
- Spring off the floor and jump in a cross position.
- Hop forward, hop backwards, hop left, hop right.
- Focus on rolling through the working foot and landing in a soft plié.
- Keeping your foot in coupe ´

Repetitions and Modifications:

Repeat 5 times on each leg

[-] Remove the jump and releve in coupe ´