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# INSTRUCTIONS

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## SPEED BAG JUMP

**CATEGORIES:** Endurance, Power, Warm Up

**LEVEL:** Intermediate

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

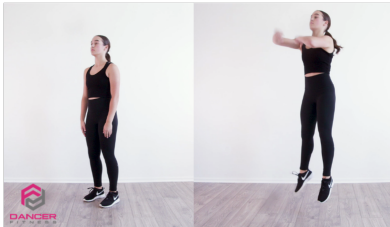
Ankles

Jumps and Leaps

Knee Strength

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### 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.