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# **INSTRUCTIONS**

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## **FULL FOLLOW ALONG WORKOUT: JUMPS**

**CATEGORIES:** Full Workout, Power, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/full-follow-along-workout-jumps/>

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

Full Body

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Quadriceps