

gdfgdg



INSTRUCTIONS

FOLLOW ALONG WORKOUT: JAZZ TECHNIQUE

CATEGORIES: Balance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/follow-along-workout-jazz-technique/>

Full length video for cleaner jazz technique to send to your dancers or pull up in class! Each exercise is 40 seconds with a 20 second break.

Equipment: Loop Band

Abs

Ankles

Back

Core

Full Body

Hip Flexors

Turns