



PLAN DETAILS

WARM UP FOR JUMPS

CATEGORIES: Endurance, Power, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/warm-up-for-jumps>

Jumps and leaps are staples for dancers of all ability levels and it's important that they have the tools to execute these skills with safety and ease. This is a quick lower body circuit that works the essential muscles like core, glutes, ankles, hips and hamstrings to help your dancers explode off the floor with strength and grace.

1. 8-12 each side, 3 times through
2. 8-12, 3 times through each
3. 16-20 total, 3 times through
4. 10 total, 3 times through
5. 10 total, 3 times through

ankles

Glutes

Hamstrings

Hips

Jumps

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell>

PARTNER LEG PRESS

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-leg-press>

SPLIT LUNGE JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/split-lunge-jump>

ROTATING SQUAT HOP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/rotating-squat-hop>

PARTNER SQUAT AND ROTATE

LEVEL: Beginner

CATEGORY: Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-squat-and-rotate>

PLANK CROSS OVER

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-cross-over>