

JUMP POWER

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/jump-power/>

Welcome to your Jump Power training plan. The more dancers I'm working with 1-on-1, the more I'm noticing the lack of explosive power in their jumps and being able to take off from two feet. They aren't using the full foot to take off from and their upper body folds and bends in ways that make it hard for the body to get good height. This plan focuses on core, glutes and ankles. Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 10, 2 times through
2. 10 each side, 3 times
3. 20 each side, 3 times (hold at the top for a beat)
4. 10, 3 times through
5. 8, 3 times through
6. 8, 3 times through (remind your dancers to take off from two feet)

[ankles](#)[Core](#)[Glutes](#)[Hamstrings](#)[Jumps](#)[Leaps](#)

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/inch-worm/>

SIDE PLANK KNEE TUCK

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/side-plank-knee-tuck/>

KNEE DRIVE

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

PIKE PLANK

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Power, Strength

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

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/half-russian/>

RUNNING MAN BURPEE

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/running-man-burpee/>