



PLAN DETAILS

FULL SPLIT LEAPS

CATEGORIES: Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/full-split-leaps/>

Glutes

Hamstrings

Hips

Jumps

Leaps

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

ELEVATED CLAM SHELL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

COMBO – SINGLE LEG

LEVEL: Beginner

CATEGORY: Strength, Warm Up

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor

Featured Exercises: [Walking Airplane Warm Up](#), [Shiva Squat](#)

<https://dancer-fitness.com/exercise/combo-single-leg/>