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## JAZZ 5+ MONTH 1

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/jazz-5-month-1/>

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### ADVANCED SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/advanced-shoulder-press/>

### PARTNER LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-high-knees/>

### PARTNER OVER UNDER

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-over-under/>

### CRUNCH AND PUNCH

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/crunch-and-punch/>