

COMBOS: TURNS AND JUMP

CATEGORIES: Endurance, Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/combos-turns-and-jump/>

When putting a combo together that requires a high releve, strong ankles and the endurance to end it all with something like a turning disc, you'll need to work your dancer's muscle strength and muscle endurance. Repeat 2 times:

1. Lunge burpee (across the floor)
2. Squat jump (20 seconds)
3. Yogi Squat (10 total)
4. Squat jump (20 seconds)
5. Slide Lunge (10-12, each side)
6. Squat jump (20 seconds)
7. Calf raise arm circles (20 total)
8. Squat jump (20 seconds)
9. Rotating squat hop (5, each direction)
10. Squat jump (20 seconds)

ankles

Glutes

Hamstrings

Hip Flexors

Jumps

Leaps

LUNGE BURPEE

LEVEL: Beginner

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

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

CALF RAISE ARM CIRCLES

LEVEL: Beginner

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

ROTATING SQUAT HOP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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