

CLEANER TECHNIQUE IN JUMPS

CATEGORIES: Warm Up

LEVEL: Advanced

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/cleaner-technique-in-jumps/>

This plan focuses on the ankles, core and glutes for clean lines, turn out and power to improve your dancer's jump technique. Repeat 2 times:

1. Walking Lunge Shoulder Press (Across the floor)
2. Glute Circles (10, each side)
3. Banded Half Squat (10)
4. Plank Around the World (10)
5. Plank Squat Press (10)

ankles

Core

Glutes

Hips

Jumps

WALKING LUNGE SHOULDER PRESS

LEVEL: Intermediate

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

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

GLUTE CIRCLES

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-circles/>

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

PLANK AROUND THE WORLD

LEVEL: Intermediate

CATEGORY: Power

<https://dancer-fitness.com/exercise/plank-around-the-world/>

PLANK SQUAT PRESS

LEVEL: Intermediate

CATEGORY: Power, Strength

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