



PLAN DETAILS

JAZZ TECHNIQUE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/jazz-technique/>

1. Inch Worm (20)
2. Banded Donkey Kicks (12, each side)
3. Banded Mountain Climber (20 total)
4. Inch Worm Push Up (10-20)
5. Flutter Shoulder Press (20)

Repeat 2 times.

Abs

Core

Glutes

Upper Body

INCH WORM

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

BANDED DONKEY KICK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-donkey-kick/>

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-mountain-climber/>

INCH WORM PUSH UP

LEVEL: Intermediate

CATEGORY: Warm Up

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

FLUTTER KICK SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Endurance, Strength

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