



## ***PLAN DETAILS***

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### ***JUMPS & LEAPS WARM UP***

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/jumps-leaps-warm-up/>

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### **MONSTER HIP STRENGTH**

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

### **HALF RUSSIAN**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Power, Strength

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

### **SCISSOR SLICE ABS**

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

### **BANDED TURN OUT**

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>