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## PRETEEN JAZZ TECH – LEAP CONDITIONING

**CATEGORIES:** Flexibility, Power, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/preteen-jazz-tech-leap-conditioning/>

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### GLUTE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/adductor-drill/>

### BALANCE CHALLENGE: 1

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/balance-challenge-1/>

### LUNGE KNEE TUCK

**LEVEL:** Beginner

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

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

### ONE LEG SKIP

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/one-leg-skip/>

### HIP LIFT DRILL

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/hip-lift-drill/>