
MINI'S JAZZ TECHNIQUE

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 7

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

Strengthening for mini jazz technique

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

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

BALANCE CHALLENGE 2

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

BALANCE CHALLENGE: 1

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

STAR BURPEE

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

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

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

PLANK HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-high-five/>