
WARM UP/STATIONS FOR LEAPS MONTH

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 16

URL: <https://dancer-fitness.com/plan/warm-up-stations-for-leaps-month/>

Across the floor drills and station drills that will help with perfecting jumps & leaps.

LUNGE BURPEE

LEVEL: Beginner

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

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

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/slide-reverse-lunge/>

ROTATING SQUAT HOP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/rotating-squat-hop/>

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

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

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/hamstring-curl/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

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

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

LEVEL:

CATEGORY: Not Categorized

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/hamstring-curl/>

PLANK SLIDES

LEVEL: Intermediate

CATEGORY: Endurance, Strength

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

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

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