

## JUMP HEIGHT AND LEG HOLDS

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/jump-height-and-leg-holds/>

This training plan is focusing on rotation of the hips, strength of the hips and glutes for power in jumps and strength for leg holds. Exercises 1 – 3 Perform 25 of each. Do three times total Exercises 4 – 7 Perform 8 – 12 of each. Do Twice total

1. Glute Warm Up
2. Monster Hip Strength
3. Squat Kicks
4. Elevated Leg Pulse
5. Reverse Lunge
6. Ankle and Glute Warm Up
7. Lateral Skip

Hips

Jumps

kicks

### GLUTE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### MONSTER HIP STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### ELEVATED LEG PULSE

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

## REVERSE LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## ANKLE AND GLUTE WARM UP

**LEVEL:** Intermediate

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

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

## LATERAL LUNGE

**LEVEL:** Intermediate

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

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