

SKILL FOCUS: JUMPS AND LEAPS

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/skill-focus-jumps-and-leaps/>

Do this training plan as a warm up for your jumps and leaps to increase power and height. Do each exercise twice for 30 seconds

1. Banded Half Squat
2. Hip Lift Drill
3. Monster Hip Strength
4. Banded Bridge Step Out
5. Plank Squat Press
6. Banded Shuffle Squat

Glutes

Hips

Jumps

Leaps

BANDED HALF SQUAT

LEVEL: Beginner

CATEGORY: Power, Strength

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

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

MONSTER HIP STRENGTH

LEVEL: Intermediate

CATEGORY: Power, Strength

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

BANDED BRIDGE STEP OUT

LEVEL: Intermediate

CATEGORY: Power, Strength

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

PLANK SQUAT PRESS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

BANDED SHUFFLE SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-shuffle-squat-jump/>