

SKILL FOCUS: KICK HEIGHT

CATEGORIES: Strength

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/skill-focus-kick-height/>

Do each exercise twice for 30 seconds.

1. Hip Flexion March
2. Frog Knee Abs
3. Clam Shell
4. Mountain Climber Jump Squat
5. Squat Kicks
6. Scissor Slice Abs

Abs

Core

Hips

kicks

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/frog-knee-abs/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

<https://dancer-fitness.com/exercise/mountain-climber-jump-squat/>

SQUAT KICKS

LEVEL: Intermediate

CATEGORY: Power, Strength

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

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>