

JUMPS AND MOTIONS CIRCUIT

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 7

URL: <https://dancer-fitness.com/plan/jumps-and-motions-circuit/>

This week's training plan is fantastic for upper body strength and precision as well as jump height and power. Do each exercise for 40 seconds, Rest for 20 seconds, Repeat 2 -3 times

1. Super Glute Lift
2. Up Down Hover
3. Squat Jump
4. Push Back Plank
5. Half Russian

Abs

Core

Full Body

Jumps

Leaps

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

UP DOWN HOVER

LEVEL: Beginner

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/up-down-hover/>

SQUAT JUMP

LEVEL: Intermediate

CATEGORY: Endurance, Power

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

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

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

HALF RUSSIAN

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

REVERSE LUNGE BICEP CURL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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