



PLAN DETAILS

P/J/JS JAZZ WEEK 1

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/p-j-js-jazz-week-1/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Warm Up

<https://dancer-fitness.com/exercise/turn-out-drill/>