



PLAN DETAILS

SENIOR/ELITE JAZZ WEEK 2

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/senior-elite-jazz-week-2/>

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

MOUNTAIN CLIMBER JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Endurance

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