



PLAN DETAILS

JUMPS

CATEGORIES: Power, Strength, Warm Up **LEVEL:** Advanced

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/jumps-3/>

REVERSE LUNGE BICEP CURL

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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