

## KICK AND HEIGHT

**CATEGORIES:** Not Categorized

**LEVEL:** Advanced

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/kick-and-height/>

---

### FOLLOW ALONG WORKOUT: KICK TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-kick-technique/>

### FOLLOW ALONG WORKOUT: KICK TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** Full Workout

Full length video for higher kicks and cleaner technique to send to your dancers or pull up in class! Each exercise is 30 seconds with a 20 second break. Time for more? Repeat at 40 seconds with a 20 second break.

Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-kick-technique/>

### 90/90 HIPS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>