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## JACKIE Z

**CATEGORIES:** Balance, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/jackie-z/>

This plan is to begin strengthening to support better turns, balance, and jumps

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### KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/knee-drive/>

### CLOCK BALANCE CHALLENGE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/clock-balance-challenge/>

### LUNGE KNEE DRIVE

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lunge-knee-drive/>

### BALANCE CHALLENGE 2

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/balance-challenge-2/>

### REVERSE LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

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

### TURN TECHNIQUE DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

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

### CALF RAISE ARM CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/calf-raise-arm-circles/>