



PLAN DETAILS

SYDNEY JACKSON

CATEGORIES: Balance, Flexibility, Strength

LEVEL: Intermediate

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/sydney-jackson/>

Sydney's Goals are flexibility, strength, turns

FOLLOW ALONG WORKOUT: IMPROVED TECHNIQUE

LEVEL: Intermediate

CATEGORY: Full Workout

Full length video for technique to send to your dancers or pull up in class!

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

FOLLOW ALONG WORKOUT: JAZZ TECHNIQUE

LEVEL: Intermediate

CATEGORY: Balance, Strength

Full length video for cleaner jazz technique to send to your dancers or pull up in class! Each exercise is 40 seconds with a 20 second break.

Equipment: Loop Band

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

FOLLOW ALONG WORKOUT: TURNS

LEVEL: Intermediate

CATEGORY: Full Workout, Strength, Warm Up

Full length video for turns to send to your dancers or pull up in class! Each exercise for 10-20 reps. Time for more? Repeat twice.

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

BALANCE CHALLENGE 2

LEVEL: Beginner

CATEGORY: Strength

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

TURN TECHNIQUE DRILL

LEVEL: Beginner

CATEGORY: Balance, Warm Up

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

FOLLOW ALONG WORKOUT: HIP FLEXIBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, Full Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hamstring-stretch-advanced/>

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

FULL FOLLOW ALONG WORKOUT: JUMPS

LEVEL: Intermediate

CATEGORY: Full Workout, Power, Strength

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

<https://dancer-fitness.com/exercise/full-follow-along-workout-jumps/>