

---

## JUMP TECHNIQUE

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 15

**URL:** <https://dancer-fitness.com/plan/jump-technique-2/>

Pick 2 - 4 to do before jumps and across the floor

---

## STANDING HIP MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>

## DYNAMIC WARM UP SERIES

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

## SEATED HIP STRENGTH DRILL 1

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>

## SKATER SQUAT

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/skater-squat/>

## 90/90 HIPS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## MONSTER HIP STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/monster-hip-strength/>

## SIDE PLANK LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/side-plank-leg-extension/>

## **BANDED DONKEY KICK**

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-donkey-kick/>

## **ELEVATED LEG PULSE**

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

## **BANDED HALF SQUAT**

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/banded-half-squat/>

## **SUPER GLUTE LIFT**

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## **HIP FLEXION MARCH**

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-flexion-march/>

## **HAMSTRING CURL**

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## **BRIDGE SLIDE OUT**

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/bridge-slide-out/>

## **HIP BRIDGE**

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>