
JUMPS – 5

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/jumps-5/>

RUNNING MAN BURPEE

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/running-man-burpee/>

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

SHIVA SQUAT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

HIP BRIDGE

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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