

SWITCH LEAPS AND SWITCH TILTS

CATEGORIES: Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/switch-leaps-and-switch-tilts/>

This workout addresses the main movers in these skills. The goal is to train the muscles needed for height, power and the strength to switch the legs and adjust the hip accordingly.

1. Glute Warm Up
2. 90 /90 Hips
3. Cossack Squat
4. Adductor Drill
5. 180 Degree Jump
6. Reverse Lunge
7. Dead Bug
8. One Leg Skip

Hips

Jumps

Leaps

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

COSSACK SQUAT

LEVEL: Beginner

CATEGORY: Strength

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

ADDUCTOR DRILL

LEVEL: Beginner

CATEGORY: Strength

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

180 DEGREE JUMP

LEVEL: Beginner

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

REVERSE LUNGE

LEVEL: Beginner

CATEGORY: Strength

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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