

THURSDAYS

CATEGORIES: Full Workout

LEVEL: Intermediate

EXERCISE COUNT: 2

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

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/>

FULL FOLLOW ALONG WORKOUT: CORE

LEVEL: Intermediate

CATEGORY: Full Workout, Strength, Warm Up

Full length video for Core to send to your dancers or pull up in class! Do 10 reps of each exercise.

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