



PLAN DETAILS

POP IN JUMPS (PART TWO)

CATEGORIES: Power

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/pop-in-jumps-part-two/>

How to get your jumps to pop at the top!

MOUNTAIN CLIMBER TWIST

LEVEL: Beginner

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-twist/>

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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