

LEAPS & JUMPS

CATEGORIES: Flexibility, Power, Strength **LEVEL:** Intermediate

EXERCISE COUNT: 3

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

OPEN BOOK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/open-book-stretch/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-pigeon-stretch/>

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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