



PLAN DETAILS

JAZLYNN

CATEGORIES: Flexibility, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 6

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

FOLLOW ALONG WORKOUT: TURN CONSISTENCY

LEVEL: Intermediate

CATEGORY: Balance, Full Workout, Strength

Full length video for better turns from ankle strength all the way to the back for stronger arms. Equipment: loop band

<https://dancer-fitness.com/exercise/follow-along-workout-turn-consistency/>

ADVANCED CLAM SHELL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-clam-shell/>

FOLLOW ALONG WORKOUT: UPPER BODY AND CORE

LEVEL: Intermediate

CATEGORY: Full Workout, Strength

Full length video for upper body and core. Great for pom motions plus overall placement and control. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-upper-body-and-core/>

COMBO – PLANK VARIATIONS

LEVEL: Beginner

CATEGORY: Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

<https://dancer-fitness.com/exercise/combo-plank-variations/>

ROPE CLIMB CORE

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/rope-climb-core/>

ADVANCED PUSH UP SERIES

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-push-up-series/>