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## WEEK 1

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/week-1-5/>

4 days of training

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### ON DEMAND WORKOUT: JUMP HEIGHT

**LEVEL:** Beginner

**CATEGORY:** On Demand Workout, Strength

Full length video for jump height. This workout hits the rotators and glutes for better turn out and height in your jumps and leaps. Have your dancers use this as a warm up before jumping! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

### ON DEMAND WORKOUT: UPPER BODY

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for upper body strength and control. Great for pom motions, turn timing lifts. This workout is a quick one, but it burns the arms and back! Equipment: Band

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

### ON DEMAND WORKOUT: IMPROVED TECHNIQUE

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout

Full length video for technique to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-improved-technique/>

### ON DEMAND WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>