



PLAN DETAILS

EXTRA “POP” IN JUMPS AND LEAPS

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/extra-pop-in-jumps-and-leaps/>

Use this training plan to give jumps and leaps that extra push at the top. Do the whole plan two times.

- Banded Turn Out Drill (10)
- Advanced Clam Shell (10, each side)
- Combo - Squat Lunge (10, each side)
- Hover Plank Kick Back (10)
- Standing Hip March (10, each side)

Glutes

Hamstrings

Hips

Jumps

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

ADVANCED CLAM SHELL

LEVEL: Beginner

CATEGORY: Strength

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

COMBO – SQUAT LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, 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: [Bosu Ball Squats](#), [Reverse Lunge](#), [Squat Jumps](#)

<https://dancer-fitness.com/exercise/combo-squat-lunge/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/hover-plank-kick-back/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-hip-march/>