

## UPPER LEVEL JAZZ

**CATEGORIES:** Balance, Endurance, Flexibility, On Demand Workout, Partners, Power, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/upper-level-jazz/>

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### BALANCE CHALLENGE: 1

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/balance-challenge-1/>

### NARROW SQUAT PULSE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/narrow-squat-pulse/>

### COMBO – BANDED LOWER BODY

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength, Warm Up

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: [Duck Walk](#), [Toe Taps](#), [Squat Jump](#)

<https://dancer-fitness.com/exercise/combo-banded-lower-body/>

### DYNAMIC HAMSTRING STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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