
2023

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/2023/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

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

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/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>