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## JAYLA'S PLAN

**CATEGORIES:** On Demand Workout,  
Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 8

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

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### ON DEMAND WORKOUT: FULL BODY WARM UP & CONDITIONING

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Warm Up

This follow along work out will take you start to finish through a dynamic warm up, stretch and small circuit to prepare you for any practice! Equipment: Loop band

<https://dancer-fitness.com/exercise/full-workout-full-body-warm-up-conditioning/>

### ON DEMAND WORKOUT: UPPER BODY

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength, Warm Up

Do this workout as a quick warm up for stronger pom motions, keeping shoulders down for turns and stronger kick hook ups. Equipment: Band

<https://dancer-fitness.com/exercise/full-length-workout-upper-body/>

### ON DEMAND WORKOUT: STRONGER, MORE CONTROLLED SKILLS

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength

Full length video for stronger skills with more control. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-stronger-more-controlled-skills/>

### ON DEMAND WORKOUT: THE BEST TURN WARM UP!

**LEVEL:** Beginner

**CATEGORY:** Balance, On Demand Workout, Strength, Warm Up

Full body workout to prepare you for the cleanest most consistent turns!

Equipment: Yoga Block, Light to Medium Band

<https://dancer-fitness.com/exercise/full-length-workout-the-best-turn-warm-up/>

## ON DEMAND WORKOUT: JUMPS

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Power, Strength

Full length video for Jumps to send to your dancers or pull up in class! Each exercise is 20 seconds with a 20 second break. Time for more? Repeat at 30 seconds with a 20 second break.

<https://dancer-fitness.com/exercise/full-follow-along-workout-jumps/>

## NEGATIVE STRADDLE STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch/>

## ON DEMAND WORKOUT: 10 MINUTE CORE BLAST

**LEVEL:** Intermediate

**CATEGORY:** Balance, On Demand Workout, Power, Strength, Warm Up

Full Length Workout: 10 Minute Core Blast Equipment: None

<https://dancer-fitness.com/exercise/full-length-workout-10-minute-core-blast/>

## BEHIND THE KNEE RELEASE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>