

STYRKA FÖR HOPP**CATEGORIES:** Power**LEVEL:** Intermediate**EXERCISE COUNT:** 1**URL:** <https://dancer-fitness.com/plan/styrka-for-hopp/>

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/>