

## JUMPS AND MORE

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/jumps-and-more/>

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### 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/>

### 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: HIP AND CORE STRENGTH

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

Full length video for hip and core strength for higher passé, stronger working legs and higher kicks. Equipment: Loop Band

<https://dancer-fitness.com/exercise/follow-along-workout-hip-and-core-strength/>