

IMPROVE JUMP AND LEAP TECHNIQUE

CATEGORIES: Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/improve-technique-of-jumps-and-leaps/>

Use this plan to improve jump height, extension and alignment. Perform these exercises two or three times for 40 seconds each.

- Banded Curtsey Squat
- Hover Plank Kick Back
- Jump Squat Row
- Standing Abduction Banded
- Advanced Skater Squat

[back](#)[Glutes](#)[Hamstrings](#)[Jumps](#)

BANDED CURTSY SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-curtsey-squat/>

HOVER PLANK KICK BACK

LEVEL: Advanced

CATEGORY: Balance, Strength

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

JUMP SQUAT ROW

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/jump-squat-row/>

STANDING ABDUCTION BANDED

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/standing-abduction-banded/>

ADVANCED SKATER SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/advanced-skater-squat/>