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## GYMNASTICS

**CATEGORIES:** On Demand Workout

**LEVEL:** Intermediate

**EXERCISE COUNT:** 14

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

Leaps

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### SUMO SQUAT

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

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

### PARTNER PISTOL SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pistol-squat/>

### ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

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### WALKING AIRPLANE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/walking-airplane-warm-up/>

### PARTNER BALL TOSS

**LEVEL:** Beginner

**CATEGORY:** Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-ball-toss/>

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## ON DEMAND: EXERCISES FOR SPOTTING

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

Working on spotting? Strengthen the muscles to keep your shoulders down and to help you rotate in one piece with today's workout.

**Equipment needed:** Loop Band

<https://dancer-fitness.com/exercise/on-demand-exercises-for-spotting/>

## LOWER BODY STABILITY DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/lower-body-stability-drill/>

## ON DEMAND WORKOUT: FULL SPLIT LEAP

**LEVEL:** Intermediate

**CATEGORY:** On Demand Workout, Strength

This follow along workout focuses on strengthening the muscles needed to get your front leg and back legs higher in your split leaps.

Equipment needed: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-full-split-leap/>

## COMBO – BANDED LOWER BODY

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength, Warm Up

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Duck Walk](#), [Toe Taps](#), [Squat Jump](#)

<https://dancer-fitness.com/exercise/combo-banded-lower-body/>

## ANKLE STRENGTH DRILL

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

<https://dancer-fitness.com/exercise/ankle-strength-drill/>

## 180 DEGREE JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/180-degree-jump/>

## BANDED SHUFFLE SQUAT JUMP

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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