
LEAPS

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/leaps-8/>

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/>

ON DEMAND WORKOUT: JUMP HEIGHT

LEVEL: Beginner

CATEGORY: On Demand Workout, Strength

Full length video for jump height. This workout hits the rotators and glutes for better turn out and height in your jumps and leaps. Have your dancers use this as a warm up before jumping! Equipment: Band

<https://dancer-fitness.com/exercise/follow-along-workout-glute-strength/>

ON DEMAND WORKOUT: EXECUTION OF SKILLS

LEVEL: Intermediate

CATEGORY: On Demand Workout

Full length video for execution of skills to send to your dancers or pull up in class!

<https://dancer-fitness.com/exercise/follow-along-workout-execution-of-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/>

ON DEMAND WORKOUT: BOOTY BURN

LEVEL: Intermediate

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

Improve jump height, extension, supporting leg strength and power when you strengthen the glutes! Pair this workout with a few core exercises and you've got yourself a well rounded workout or warm up for practice.

equipment needed: Loop Band

<https://dancer-fitness.com/exercise/full-length-workout-booty-burn/>