

## STRAIGHTER SUPPORTING LEG

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/straighter-supporting-leg/>

Do all single leg work on one side, then repeat on the other side before practicing your skills. Reverse Lunge and Press (12) Lunge Kick Back (20) Reverse Lunge (12) Double Hop Sumo Lunge (30 seconds) Wide to Narrow Squat Jump (30 seconds) **Repeat again on the other side.**

ankles

Glutes

Hamstrings

Hips

Turns

## REVERSE LUNGE AND PRESS

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/reverse-lunge-and-press/>

## LUNGE KICK BACK

**LEVEL:** Beginner

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

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

## REVERSE LUNGE

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/reverse-lunge/>

## DOUBLE HOP SUMO LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>

## WIDE TO NARROW SQUAT JUMP

**LEVEL:** Beginner

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump/>