

CALYPSOS AND FIREBIRDS

CATEGORIES: Power, Strength

LEVEL: Beginner

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/calypsos-and-firebirds/>

Two jumps that require a tremendous amount of power, technique and coordination and this training plan addresses all of that. One time through: 90/90 Hips (10) Hip Opener (30 sec) Cobra Pose (30 sec) Then: Straight Leg Hip Flexion (20 each side) Single Leg Glute Bridge with Adduction (20 each side) Repeat 2 more times. Dead Bug (20) Superman Lat Pull Down (20) Repeat 2 more times. Standing Abduction Banded (25, each side) One Leg Skip (12, each side) Repeat 2 more times

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90/90 HIPS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/hip-opener/>

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose/>

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

SINGLE LEG GLUTE BRIDGE WITH ADDUCTION

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/single-leg-glute-bridge-with-abduction/>

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

STANDING ABDUCTION BANDED

LEVEL: Advanced

CATEGORY: Strength

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

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

<https://dancer-fitness.com/exercise/one-leg-skip/>