

LEXI: MONDAY

CATEGORIES: Power, Strength

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/test-6/>

Leaps (power/strength); legs & glutes

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: FRONT LEG EXTENSIONS

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Equipment: Loop band and yoga block

Learn more about Kendall under “INSTRUCTIONS”.

Links to Kendall: [Website](#) [Instagram](#)

<https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>

ON DEMAND WORKOUT: KICK HEIGHT

LEVEL: Advanced

CATEGORY: On Demand Workout, Power, Strength

Try this selection of exercises to strengthen the muscles you need for stronger, snappier kicks with great height!

Equipment needed: Band

<https://dancer-fitness.com/exercise/full-length-workout-kick-height/>