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## LEAPS

**CATEGORIES:** Flexibility, Power, Strength    **LEVEL:** Intermediate

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/leaps-7/>

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### ON DEMAND WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

### ON DEMAND WORKOUT: STAMINA

**LEVEL:** Intermediate

**CATEGORY:** Endurance, On Demand Workout, Warm Up

Full Length Workout: Increased Stamina! Equipment: Loop Band

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

### 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/>