

LEAPS & JUMPS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/leaps-jumps-3/>

ON DEMAND WORKOUT: SKILL WARM UP

LEVEL: Intermediate

CATEGORY: Balance, Endurance, On Demand Workout, Power, Strength

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>