

JUMP/LEAP DRILLS

CATEGORIES: Not Categorized

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/jump-leap-drills/>

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

DYNAMIC JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/dynamic-jump-squat/>

BANDED ABDUCTOR LIFT

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-abductor-lift/>