
MAKE VARSITY JAZZ

CATEGORIES: Flexibility, On Demand Workout, Strength

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/make-varsity-jazz/>

ON DEMAND WORKOUT: BETTER EXTENSION AND WORKING LEGS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

This workout focuses on stabilizing the hip and lengthening the leg for solid legs in open turns plus better height and lines in your extensions.

Equipment needed: Yoga block and Loop Band

<https://dancer-fitness.com/exercise/on-demand-workout-better-extension-and-working-legs/>

ON DEMAND WORKOUT: HIP AND SHOULDER MOBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Warm Up

Guest Instructor Delany Mena

DELANEY MENA, B.F.A., CPT, SFC

Learn more about Delaney by clicking on **"INSTRUCTIONS"**

Instagram: [@delaney_train](https://www.instagram.com/delaney_train)

dancemovementtraining.com

<https://dancer-fitness.com/exercise/on-demand-workout-hip-and-shoulder-mobility/>

ON DEMAND WORKOUT: OPEN THE HIPS – GET YOUR SPLITS!

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Warm Up

Open your hips and introduce mobility to get flatter in your splits!

Equipment Needed: None

<https://dancer-fitness.com/exercise/on-demand-workout-open-the-hips-get-your-splits/>

ON DEMAND WORKOUT: BETTER EXTENSION AND WORKING LEGS

LEVEL: Intermediate

CATEGORY: On Demand Workout, Strength

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