

180 DEGREE JUMP

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

URL: <https://www.dancer-fitness.com/exercise/180-degree-jump>

Ankles

Glutes

Hamstrings

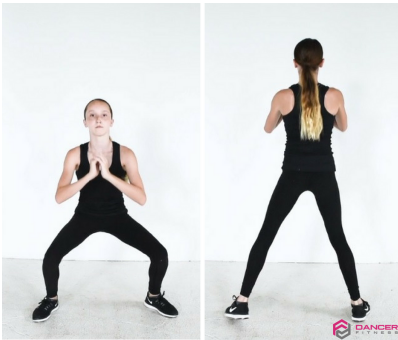
Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps:

- Begin standing with legs hip distance apart.
- Bend knees and squat until legs hit 90 degrees.
- Jump and straighten legs while also rotating to face the back.
- Land with soft knees and straighten legs.
- Repeat to face the front.
- This is one repetition.

Repetitions and Modifications:

Repeat for 30 – 60 seconds

[-] Remove the jump. Squat and Relevé facing one direction.

[+] Add a pulse after you land