

## OFF SEASON: STRONGER BUTT MUSCLES

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/off-season-stronger-butt-muscles/>

Do each exercise for 60 seconds. Rest for 20 seconds between exercises Repeat the circuit 1-3 times.

Glutes

Hamstrings

Jumps

kicks

Leaps

### CLAM SHELL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

### FIGURE 4 STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

### HUNDREDS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/hundreds/>

### WALL SIT

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit/>

### ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength, Warm Up

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

### POWER JACK

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

## **PARTNER LEG PRESS**

**LEVEL:** Advanced

**CATEGORY:** Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-leg-press/>

## **HAMSTRING LIFT**

**LEVEL:** Beginner

**CATEGORY:** Power, Strength

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

## **WALL SIT**

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit/>

## **RUNNING MAN BURPEE**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Power, Strength

<https://dancer-fitness.com/exercise/running-man-burpee/>