

SNAPPY KICKS

CATEGORIES: Balance, Endurance, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/snappy-kicks/>

This training plan focuses on the glutes and adductors. These are the muscles that bring your legs back together, some call it the inner thigh. These muscles, as well as your core and hips help to drive your leg up for the kick and most importantly, suck it back down. Warm up: Do exercises 1 -4 As a warm up. Each exercise 8 - 10 times (per leg) Exercises 5 - 10: Do each exercise 8-12 times Repeat 3 times.

Abs

back

Core

Glutes

Hamstrings

Hips

kicks

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

LOWER AB LEG EXTENSION

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

OUTER HIP LIFTS

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/outer-hip-lifts/>

V-CROSS CRUNCH

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>

WIDE TO NARROW REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-reverse-lunge/>

LUNGE. SQUAT. TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/lunge-squat-twist/>

SLIDE REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength

<https://dancer-fitness.com/exercise/slide-reverse-lunge/>

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

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