

HIP FLEXOR STRENGTH

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/hip-flexor-strength/>

Do each exercise for 40 seconds and rest for 20 if doing a circuit. If doing individually follow the repetitions below.

1. 3 times each side, 3 times through
2. 10-12 each side, 3 times through
3. 10-12 each side, 3 times through
4. 10-12 each side, 3 times through
5. 10-12 each side, 3 times through
6. 10-12 each side, 3 times through

Glutes

Hamstrings

Hips

Jumps

Leaps

Turns

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

LATERAL SLIDE

LEVEL: Intermediate

CATEGORY: Balance, Strength

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

HIP BRIDGE ADVANCED

LEVEL: Advanced

CATEGORY: Power, Strength

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