

## SAFER HIPS WARM UP

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/safer-hips-warm-up/>

Hips are overworked and under appreciated. To keep you dancer's hips safe, warm and strong, try some of these exercises in your next warm up.

1. 10 each side, 2 times through
2. 45 seconds, each side
3. 45 seconds, each side
4. 10 each side, 2 times through
5. 10 total, 2 times through
6. 10 each side, 2 times through
7. 12 each side, 3 times through
8. 12 each side, 3 times through

Hips

kicks

Leaps

## GLUTE CIRCLES

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/glute-circles/>

## FIGURE 4 STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## BUTTERFLY STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## HIP LIFT DRILL

**LEVEL:** Beginner

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

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

## YOGI SQUAT

**LEVEL:** Beginner

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

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

## OUTER HIP LIFTS

**LEVEL:** Intermediate

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

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

## LUNGE. SQUAT. TWIST

**LEVEL:** Intermediate

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

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

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