

## TILTS AND EXTENSIONS

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/tilts-and-extensions/>

“Lift from behind!” The phrase that’s fallen on thousand of dancer’s ears. Make those words stick and help your dancers connect with their hip and glute power for beautiful and effortless tilts and extension.

1. 10 total, 3 rounds
2. 20 total, 3 rounds
3. 10 reps, each side, 3 rounds
4. 10 total, 3 rounds
5. 10 reps, each side, 3 rounds
6. 10 reps, each side, 3 rounds
7. 20 total, 3 rounds
8. 10 total, 3 rounds
9. 10 total, 3 rounds
10. 10 total, 3 rounds

ankles

Glutes

Hamstrings

Hips

### CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### ADVANCED BIRD DOG

**LEVEL:** Advanced

**CATEGORY:** Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

### CLAM SHELL

**LEVEL:** Beginner

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

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

## YOGI SQUAT

**LEVEL:** Beginner

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

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

## STRAIGHT LEG HIP FLEXION

**LEVEL:** Beginner

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

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

## ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

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

## MOUNTAIN CLIMBER – SLIDER

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/mountain-climber-slider/>

## PUSH BACK PLANK

**LEVEL:** Advanced

**CATEGORY:** Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

## SUMO SQUAT PULSE

**LEVEL:** Intermediate

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

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

## LUNGE AIR PLANE

**LEVEL:** Intermediate

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

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