



# PLAN DETAILS

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## INNER THIGH

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/inner-thigh/>

Are you curious about getting snappier kicks or better extension? Use these exercises to strengthen the inner thighs and adductors to help!

1. 8 reps, each side, 2 times
2. 8 reps, each side, 2 times
3. 8-10 reps, each side, 2 times
4. 10 total, 2 times
5. 8-10 reps, each side, 2 times

Hips

Jumps

kicks

Leaps

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## ADDUCTOR DRILL

**LEVEL:** Beginner

**CATEGORY:** Strength

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

## ADDUCTOR SLIDE

**LEVEL:** Intermediate

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

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

## SLIDE REVERSE LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Power, Strength

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

## FROG KNEE ABS

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/frog-knee-abs/>

## HIP LIFT DRILL

**LEVEL:** Beginner

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

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