

OUTER HIPS (ROTATORS)

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/outer-hips-rotators/>

Working on turn out or extension with your dancers? Using these exercises together will get you closer to their goals without taking up too much time in class!

1. 30 seconds, each side, 2 times.
2. 30 seconds, each side, 2 times
3. 10 reps, each side, 2 times
4. 10 total, 2 times.
5. 8 total, 2 times
6. 10 total, 2 times

Core

Hips

kicks

Leaps

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

BANDED HIGH RELEVÉ

LEVEL: Advanced

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-high-releve/>

TICK TOCK HIPS

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>

PIKE SLIDE AND REACH

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/pike-slide-and-reach/>