



PLAN DETAILS

HOOK UP'S AND KICKS

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/hook-ups-and-kicks/>

It's kick season which means you may be looking for more ways to improve your dancers hook ups and kicks. Use this training plan to encourage your dancers to use their back to support their arms and their core to kick instead of using the person they're hooked up to.

1. Clam Shell, 10 reps, each side, 2 times
2. Hip Flexion March, 10 reps, each side, 2 times
3. Frog Knee Abs, 10 reps, 2 times
4. Renegade Row, 20 total, 2 times
5. Banded Lat pull down, 10 reps, 2 times
6. Tick tock Hips, 5 total, 2 times
7. Shoulder fly, 10 total, 2 times
8. Banded mountain climber, 20 total, 2 times

Abs

back

Core

Hips

kicks

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

HIP FLEXION MARCH

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

FROG KNEE ABS

LEVEL: Advanced

CATEGORY: Power, Strength, Warm Up

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

RENEGADE ROW

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/renegade-row/>

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

TICK TOCK HIPS

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

SHOULDER FLY

LEVEL: Intermediate

CATEGORY: Warm Up

<https://dancer-fitness.com/exercise/shoulder-fly/>

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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