
STRETCH OUT THE HIPS

CATEGORIES: Flexibility

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/stretch-out-the-hips/>

2/24 Stretch Out The Hips. Level: all Download and send this plan to your dancers when they say "My hips are feeling a little tight, what should I do?" Have them hold each stretch for 30 – 60 seconds.

1. Lateral Lunge
2. Hip Flexor Stretch
3. Yogi Squat
4. Half Frog Stretch
5. Butterfly Stretch

Hips

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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