

## CENTER SPLITS AND TILTS

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 6

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

The goal with this training plan is to help your dancers stabilize their hip, promote turn out and strengthen the muscles needed for increased flexibility. Do all one through as a dynamic warm up before stretching.

1. Hover Fire Hydrant (10, each side)
2. Half Frog Stretch (10, each side)
3. Abductor Lift (10, each side)
4. Dead Bug (20 total)
5. Passé Side Plank (10, each side)
6. Clam Shells (10, each side)

Hips

### HOVER FIRE HYDRANT

**LEVEL:** Advanced

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/hover-fire-hydrant/>

### HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### ABDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### DEAD BUG

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/dead-bug/>

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

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

<https://dancer-fitness.com/exercise/passe-side-plank/>

## CLAM SHELL

**LEVEL:** Beginner

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

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