



## PLAN DETAILS

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### LEG HOLDS

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 15

**URL:** <https://dancer-fitness.com/plan/leg-holds/>

Inspired by one of our very own members! Use this plan to train the deep abdominal muscles, their outer rotators for turn out and hips for extension of the leg. As you keep building that strength you can advance to no hands. Do one time through:

1. Cat Cow (10)
2. Hip Flexor Stretch (30 seconds, each side)
3. Half Frog Stretch (10, each side)
4. Clam Shell (20)
5. One Leg Hip Bridge (10, each side)
6. Elevated Leg Pulse (20 total)
7. Clam Shell (20, each side)
8. One Leg Hip Bridge (10, each side)
9. Elevated Leg Pulse (20 total)
10. Abductor Lift (10, each side)
11. Hip Flexion March (10, each side)
12. Abductor Lift (10, each side)
13. Hip Flexion March (10, each side)
14. Passé Side Plank (10, each side)
15. Shiva Squat (10, each side)

Glutes

Hips

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### CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

## HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## CLAM SHELL

**LEVEL:** Beginner

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

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

## ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

## ELEVATED LEG PULSE

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

## CLAM SHELL

**LEVEL:** Beginner

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

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

## ONE LEG HIP BRIDGE

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

## ELEVATED LEG PULSE

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/elevated-leg-pulse/>

## ABDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## ABDUCTOR LIFT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

## PASSÉ SIDE PLANK

**LEVEL:** Advanced

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

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

## SHIVA SQUAT

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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