

## KICK ENDURANCE

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/kick-endurance/>

This plan is going to improve your dancer's kick height, strength and endurance so their kicks never tire during their routine. 40 seconds on, rest for 20 seconds, once you complete all exercises rest 1 – 2 minutes and repeat two more times.

1. Glute warm up
2. Squat Kicks
3. Frog Knee Abs
4. Squat Kicks
5. Hip Lift Drill
6. Squat Kicks
7. Bridge Slide Out
8. Squat Kicks

Glutes

Hamstrings

Hips

kicks

### GLUTE WARM UP

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-warm-up/>

### SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

### FROG KNEE ABS

**LEVEL:** Advanced

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

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

### SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## HIP LIFT DRILL

**LEVEL:** Beginner

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

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

## SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/bridge-slide-out/>

## SQUAT KICKS

**LEVEL:** Intermediate

**CATEGORY:** Power, Strength

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