



## ***PLAN DETAILS***

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### ***OFF SEASON TRAINING (ALL)***

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/off-season-training-all/>

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### **OUTER HIP LIFTS**

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/outer-hip-lifts/>