

## TIGHT HIPS

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 7

**URL:** <https://dancer-fitness.com/plan/tight-hips/>

This training plan is for your dancers who feel like their hips are tight or sore.

1. Glute circles (10 each direction)
2. Bridge slide out (20)
3. Side lunge squat warm up
4. Hip flexor stretch (Rock forward and back 8 times each leg)
5. Half frog stretch (rock hips forward and back 8 times each leg)
6. Half pigeon stretch (30 seconds each side)
7. Butterfly stretch (30 seconds)

Hip Flexors

kicks

Leaps

Turn Out

## GLUTE CIRCLES

**LEVEL:** Beginner

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

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

## BRIDGE SLIDE OUT

**LEVEL:** Advanced

**CATEGORY:** Strength

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

## SIDE LUNGE SQUAT WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/side-lunge-squat-warm-up/>

## 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/>

## HALF PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## BUTTERFLY STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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