



PLAN DETAILS

HIP HOP

CATEGORIES: Endurance, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/hip-hop/>

Each exercise should be done in 3 8-counts with one 8-count of rest in between.

ONE LEG SKIP

LEVEL: Beginner

CATEGORY: Endurance, Power, Warm Up

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

CROSS HOPS

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Strength

<https://dancer-fitness.com/exercise/cross-hops/>

FAST FEET

LEVEL: Beginner

CATEGORY: Endurance, Warm Up

<https://dancer-fitness.com/exercise/fast-feet/>

PLANK LEG LIFTS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/plank-leg-lifts/>

GLUTE WARM UP

LEVEL: Beginner

CATEGORY: Strength, Warm Up

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

BUTTERFLY SQUAT

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

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

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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