

HIPS

CATEGORIES: Flexibility, Strength,
Warm Up

LEVEL: Beginner

EXERCISE COUNT: 3

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

COSSACK SQUAT

LEVEL: Beginner

CATEGORY: Strength

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

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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