

## KICK HOOK-UPS

**CATEGORIES:** Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 4

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

As many of you are beginning your Fall season, take the time to improve the cleanliness of your kick hook ups.

- Spiderman Plank (20 total)
- Flutter Kick Shoulder Press (20 total)
- Banded Hover Row (10, each side)
- Superman Lat Pull Down (20 total)

arms

back

kicks

Upper Body

### SPIDERMAN PLANK

**LEVEL:** Advanced

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

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

### FLUTTER KICK SHOULDER PRESS

**LEVEL:** Advanced

**CATEGORY:** Endurance, Strength

<https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

### BANDED HOVER ROW

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

### SUPERMAN LAT PULLDOWN

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>