
HIPS 1

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/hips-1/>

strengthening hip flexors

SEATED HIP STRENGTH DRILL 2

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

BANDED TURN OUT DRILL

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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