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## HIP STRENGTH

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 7

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

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### BEHIND THE KNEE RELEASE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>

### DYNAMIC HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### HALF PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Beginner

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

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

### 90/90 HIPS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

### HIP OPENER

**LEVEL:** Beginner

**CATEGORY:** Flexibility

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

### HIP OPENER

**LEVEL:** Beginner

**CATEGORY:** Flexibility

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