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## CHARLOTTE HIPS

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

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

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### MONSTER WALK HIP DRILL

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

Featured Exercises: [Banded Monster Walks](#), [Standing Hip March](#)

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

### SEATED HIP STRENGTH DRILL 2

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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

### ON DEMAND WORKOUT: HIP STRENGTH AND BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength

Full length video for stronger hips and better extension. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-better-extension/>