

Hip, Core, and Ankle Strengthening for Dancers



Clamshells

Lie on one side with a resistance band right above your knees. Keeping your hips stacked one on top of the other, bring one knee up towards the ceiling, then slowly return to the starting position. Repeat 30 times on each side.



Single Leg Bridges

Lie on your back with one leg up in the air off of the floor. Squeeze your glutes and lift your hips up towards the ceiling, trying to keep your pelvis from rotating to one side. Repeat 20 times on each side.



Dead Bugs

Lie on your back in a reverse table top position. Keeping your back flat against the ground, extend your right knee and left leg, then return to starting position. Repeat on the opposite side. Complete 30 total repetitions, alternating arms and legs each time.



Side Plank with Reach Through

Get into a side plank on your forearm, and reach your top arm up towards the ceiling. Then reach underneath your body making sure your hips do not drop towards the ground. Repeat 20 times on each side.



3-Way Heel Raises

Start in a parallel first position, and go onto relevé 30 times.

Next in a turned out first position, complete 30 relevés.

Then, in a parallel second position, complete 30 relevés.



Toe Yoga

Keeping the rest of your toes on the ground, lift up your big toe towards the ceiling. Repeat 20 times.

Next, keep your big toe on the ground and lift up the rest of your toes. Repeat 20 times.



Image Citations:

<https://fitgolf.com/files/2017/11/clam-shells.jpg>

<https://www.verywellfit.com/how-to-do-the-dead-bug-exercise-4685852>

<https://www.popsugar.com/fitness/How-Do-Single-Leg-Bridge-42996498>

<https://www.popsugar.com/fitness/photo-gallery/48479810/image/48480572/Side-Plank-Reach-Through-Left-Side>

<https://www.skimble.com/exercises/12478-calf-raises---heel-together-how-to-do-exercise>

<https://www.popsugar.com/fitness/photo-gallery/45891804/image/45891872/Heel-Raises>

<https://theprehabguys.com/4-exercises-to-improve-foot-strength/>

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