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INSTRUCTIONS

ON DEMAND WORKOUT: HIP AND SHOULDER MOBILITY

CATEGORIES: Flexibility, On Demand Workout, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-hip-and-shoulder-mobility/>

Guest Instructor Delaney Mena

DELANEY MENA, B.F.A., CPT, SFC

Learn more about Delaney by clicking on "INSTRUCTIONS"

Instagram: [@delaney_train](#)

dancemovementtraining.com

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Shoulders

Turn Out



About Delaney Mena:

DELANEY MENA, B.F.A., CPT, SFC

Delaney Mena is a professional dancer and internationally recognized personal trainer from Long Island, NY. She attended Marymount Manhattan College, where she obtained a Bachelor of Fine Arts degree in Dance, with concentrations in Modern and Ballet performance. She is a NASM certified Personal Trainer with a specialization in Stretching and Flexibility. Delaney grew up as a competitive dancer at her local studio while also training in classical ballet. She is still currently training and working professionally with various concert dance companies and choreographers in New York City. She has worked closely with numerous notable teachers, including choreographer Tracie Stanfield, as an apprentice in Synthesis Dance, Yoshito Sakuraba, Ballet Hispánico's Ballet Master Juan Carlos Peñuela, and Alvin Ailey American Dance Theater's Principal Dancer Linda Celeste Sims, as well as trained at Martha Graham, Rioult Dance NY, Parsons, and with the company dancers of Synthesis Dance. Delaney currently works with dancers throughout majority of the United States, as well as Canada, Mexico and Australia. She founded Dance Movement Training in 2022, combining her love for dance and fitness to work with dancers to enhance and progress their technique through strength and flexibility training.