

BACK AND HIP FLEXIBILITY ROUND 2

CATEGORIES: Flexibility, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/back-and-hip-flexibility-round-2/>

1. 8-10 reps, 2 times
2. 5 reps, 2 times
3. 20-30 seconds, 2 times
4. 20-30 seconds, 2 times
5. 20 reps total, 2 times
6. 20 reps total, 2 times
7. 10 reps, each side, 2 times
8. 10 reps, each side, 2 times

back

Core

Hips

kicks

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose/>

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/bow-pose/>

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/wheel-pose/>

PARTNER SUPER MAN

LEVEL: Beginner

CATEGORY: Balance, Flexibility, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-super-man/>

BANDED MOUNTAIN CLIMBER

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-mountain-climber/>

CORE LEG PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/core-leg-pulse/>

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>