

HAMSTRING HEALTH

CATEGORIES: Flexibility, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 10

URL: <https://dancer-fitness.com/plan/hamstring-health/>

This training plan is designed to promote healthy hamstrings through

- Flexibility,
- Strength and
- Injury prevention.

Do each exercise for 40 - 60 seconds Add a Hip Bridge with two feet on the ground before doing it with one foot. Use as a warm up before class.

Glutes

Hamstrings

Hips

Jumps

kicks

Leaps

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow/>

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/>

ASSISTED SPLITS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/assisted-splits/>

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-deadlift/>

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

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

WALL SIT

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/wall-sit/>

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-split-squat/>