

HIP FLEXOR MOBILITY

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/hip-flexor-mobility/>

1. Repeat for 20-30 seconds, 3 times through
2. Hold each side for 20-30 seconds, 3 times through
3. Flow through each position for 20-30 seconds, 3 times through on each side
4. Flow through and hold pigeon for 20-30 seconds, 3 times through on each side
5. Flow through each side for 20-30 seconds, 3 times through
6. Flow through each side for 5-8 reps, 3 times through on each side

Hips

Jumps

kicks

Leaps

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-pigeon-stretch/>

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-lunge/>

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>