

STRAIGHTER KNEES

CATEGORIES: Uncategorized, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/straighter-knees/>

Share this plan with a dancer who struggles to lengthen behind the knee or use it as a warmup before turning and jumping.

1. 30 seconds, each side, 2 times
2. 8-10, each side, 2 times
3. 8-10, each side, 2 times
4. 5, each side, 2 times
5. 8-10, each side, 2 times

Hamstrings

Hips

kicks

Leaps

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

STRAIGHT LEG HIP FLEXION

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

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

LEG SWINGS

LEVEL: Beginner

CATEGORY: Balance, Strength, Warm Up

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

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

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