

## INCREASED FLEXIBILITY

**CATEGORIES:** Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/increased-flexibility/>

It can be easy to fall into the same stretching routine each class, but see if these additions can help your dancers break through a flexibility plateau \* Remember to do a dynamic warm up before stretching \*

1. Cat cow (10)
2. Cobra pose (10)
3. Yogi squat (12)
4. Lateral lunge (12, each side)
5. Advanced pigeon 60 seconds each side
6. Negative straddle stretch 4 times

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### CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### COBRA POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### YOGI SQUAT

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Power, Strength, Warm Up

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

### LATERAL LUNGE

**LEVEL:** Intermediate

**CATEGORY:** Balance, Flexibility, Strength, Warm Up

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

## ADVANCED PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## NEGATIVE STRADDLE STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch/>