



PLAN DETAILS

COOL DOWN FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/cool-down-flexibility/>

Hold each stretch for 30-60 seconds.

Hips

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

ASSISTED SPLITS

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

NEGATIVE STRADDLE STRETCH

LEVEL: Intermediate

CATEGORY: Flexibility, Warm Up

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