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## JUNIOR TECHNIQUE

**CATEGORIES:** Flexibility

**LEVEL:** Beginner

**EXERCISE COUNT:** 11

**URL:** <https://dancer-fitness.com/plan/junior-technique/>

Flexibility training

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### ADVANCED PIGEON STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### 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/>

### WHEEL POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### BOW POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### ASSISTED SPLITS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### LOW BACK STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/low-back-stretch/>

## **BUTTERFLY STRETCH**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## **FIGURE 4 STRETCH**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## **SPINAL TWIST STRETCH**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/spinal-twist-stretch/>

## **CAT / COW**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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