

GRACE

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

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

LUNGE ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

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

ABDUCTOR LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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