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## DESTINY

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Intermediate

**EXERCISE COUNT:** 9

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

Please do this 4x a week at home

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### HIP OPENER

**LEVEL:** Beginner

**CATEGORY:** Flexibility

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

### ELEVATED CLAM SHELL

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/elevated-clam-shell/>

**LEVEL:**

**CATEGORY:** Not Categorized

### HIP FLEXION MARCH

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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

### TICK TOCK HIPS

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>

### BOW POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### CORE LEG PULSE

**LEVEL:** Intermediate

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

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

## LUNGE AIR PLANE

**LEVEL:** Intermediate

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

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

## DEADLIFT FLOOR TAP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Strength

<https://dancer-fitness.com/exercise/deadlift-floor-tap/>