



PLAN DETAILS

ELAYNA SHERER

CATEGORIES: Strength

LEVEL: Advanced

EXERCISE COUNT: 12

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

STRAIGHT KNEE LIFT

LEVEL: Advanced

CATEGORY: Strength, Warm Up

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

NEGATIVE STRADDLE STRETCH

LEVEL: Intermediate

CATEGORY: Flexibility, Warm Up

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

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

SCISSOR SLICE ABS

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/scissor-slice-abs/>

LUNGE. SQUAT. TWIST

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

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

RUNNING MAN BURPEE

LEVEL: Intermediate

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/running-man-burpee/>