



# PLAN DETAILS

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## FLEXIBILITY–WEDNESDAY A

**CATEGORIES:** Flexibility

**LEVEL:** Advanced

**EXERCISE COUNT:** 12

**URL:** <https://dancer-fitness.com/plan/flexibility-wednesday-a/>

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### HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Beginner

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

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

**LEVEL:**

**CATEGORY:** Not Categorized

### HIP OPENER

**LEVEL:** Beginner

**CATEGORY:** Flexibility

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

### ADDUCTOR SLIDE

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/adductor-slide/>

### DOWN DOG JACK

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

### LATERAL LUNGE

**LEVEL:** Intermediate

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

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

## PLIÉ ROND DE JAMBE

**LEVEL:** Advanced

**CATEGORY:** Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

## YOGI SQUAT

**LEVEL:** Beginner

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

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

## 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/>

## MOUNTAIN CLIMBER – SLIDER

**LEVEL:** Beginner

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

<https://dancer-fitness.com/exercise/mountain-climber-slider/>

## CAT / COW

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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