

IMPROVED HAMSTRING FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Beginner

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/improved-hamstring-flexibility/>

1. Cat Cow (10)
2. Bird Dog (20 total)
3. Half Pigeon (hold for 30 seconds)
4. Hip Flexor Stretch (hold for 30 seconds)
5. Hamstring Curls (8-12, each side)
6. Hamstring Stretch Advanced (hold for 30 seconds)

Repeat 2 times.

Hamstrings

Hips

Jumps

kicks

Leaps

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

ADVANCED BIRD DOG

LEVEL: Advanced

CATEGORY: Balance, Warm Up

<https://dancer-fitness.com/exercise/advanced-bird-dog/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HAMSTRING CURL

LEVEL: Beginner

CATEGORY: Strength

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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