

BACK???

CATEGORIES: Flexibility, Strength

LEVEL: Advanced

EXERCISE COUNT: 15

URL: <https://dancer-fitness.com/plan/back%f0%9f%8e%92%f0%9f%8e%92%f0%9f%8e%92/>

We want to snap in half

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

SPINAL TWIST STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

NEGATIVE PUSH UP

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/negative-push-up/>

SQUAT REVERSE LUNGE

LEVEL: Intermediate

CATEGORY: Strength

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

ADVANCED PLANK TO HOVER

LEVEL: Advanced

CATEGORY: Strength

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

BANDED HOVER ROW

LEVEL: Intermediate

CATEGORY: Balance, Strength

<https://dancer-fitness.com/exercise/banded-hover-row/>

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

BANDED DEADLIFT

LEVEL: Intermediate

CATEGORY: Strength

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

SUPER GLUTE LIFT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

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

WIDE TO NARROW PUSH UP

LEVEL: Advanced

CATEGORY: Strength

<https://dancer-fitness.com/exercise/wide-to-narrow-push-up/>

BANDED BACK ROW

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-back-row/>