
FLEXIBILITY – 5

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/flexibility-5/>

FIGURE 4 STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/figure-4-stretch/>

HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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