

FLEXIBILITY

CATEGORIES: Flexibility, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 8

URL: <https://dancer-fitness.com/plan/flexibility-2/>

Warm-ups / stretching

NEGATIVE STRADDLE STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

DYNAMIC WARM UP SERIES

LEVEL: Advanced

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/dynamic-warm-up-series/>

PARTNER LEG THROW

LEVEL: Intermediate

CATEGORY: Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-leg-throw/>

HALF PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

COMBO – SQUAT LUNGE

LEVEL: Intermediate

CATEGORY: Endurance, Strength

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor.

Featured Exercises: [Bosu Ball Squats](#), [Reverse Lunge](#), [Squat Jumps](#)

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

HIP LIFT DRILL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

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