



PLAN DETAILS

STRETCH

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/stretch-3/>

HALF FROG STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/passe-side-plank/>