



## ***PLAN DETAILS***

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### ***STACY FLEX***

**CATEGORIES:** Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/stacy-flex/>

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### **COMBO – SIDE PLANK COMBO**

**LEVEL:** Advanced

**CATEGORY:** 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:** [Side Plank Leg Lift](#), [Side Plank Knee Tuck](#)

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