



## ***PLAN DETAILS***

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### ***FLEXIBILITY***

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/flexibility-7/>

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### **DYNAMIC HIP FLEXOR STRETCH**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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