

MERLINO-FLEXIBILITY

CATEGORIES: Flexibility, Strength,
Warm Up

LEVEL: Advanced

EXERCISE COUNT: 6

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

DOWN DOG JACK

LEVEL: Advanced

CATEGORY: Endurance, Flexibility, Strength

<https://dancer-fitness.com/exercise/down-dog-jack/>

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

PLIÉ ROND DE JAMBE

LEVEL: Advanced

CATEGORY: Balance, Flexibility, Warm Up

<https://dancer-fitness.com/exercise/plie-rond-de-jambe/>

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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

PASSÉ SIDE PLANK

LEVEL: Advanced

CATEGORY: Flexibility, Strength, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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