

FLEXIBLE

CATEGORIES: Flexibility

LEVEL: Beginner

EXERCISE COUNT: 4

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

DYNAMIC HAMSTRING STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

DYNAMIC BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility

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

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

UP DOWN PLANK PUSH UP

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/up-down-plank-push-up/>