
FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 6

URL: <https://dancer-fitness.com/plan/flexibility-9/>

ON DEMAND WORKOUT: BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-flexibility/>

ON DEMAND WORKOUT: HIP FLEXIBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/behind-the-knee-release/>

ON DEMAND WORKOUT: KICK HEIGHT

LEVEL: Advanced

CATEGORY: On Demand Workout, Power, Strength

Try this selection of exercises to strengthen the muscles you need for stronger, snappier kicks with great height!
Equipment needed:Band

<https://dancer-fitness.com/exercise/full-length-workout-kick-height/>

ON DEMAND WORKOUT: HIP STRENGTH AND BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

Full length video for stronger hips and better extension. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-better-extension/>