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## BACK TO BEGINNERS FRAN!

**CATEGORIES:** Balance, Flexibility,  
Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 9

**URL:** <https://dancer-fitness.com/plan/back-to-beginners-fran/>

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### LOW BACK STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### BEHIND THE KNEE RELEASE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### DYNAMIC HAMSTRING STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### SEATED HIP STRENGTH DRILL 2

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

### FOLLOW ALONG WORKOUT: HIGHER RELEVÉ AND BETTER BALANCE – STOP DROPPING HEELS!

**LEVEL:** Beginner

**CATEGORY:** Balance, Full Workout

Full length video for ankle and foot strength for a higher relevé and better balance. This workout isn't very intense, so please use as a warm up for turns for any level of dancer. Equipment: Band and yoga block

<https://dancer-fitness.com/exercise/follow-along-workout-higher-releve-and-better-balance-stop-dropping-heels/>

### COMBO – SINGLE LEG

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

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:** [Walking Airplane Warm Up](#), [Shiva Squat](#)

<https://dancer-fitness.com/exercise/combo-single-leg/>

## **BANDED TURN OUT DRILL**

**LEVEL:** Beginner

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/banded-turn-out-drill/>

## **DYNAMIC HIP FLEXOR STRETCH**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## **FULL LENGTH WORKOUT: GET YOUR SPLITS!**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Full Workout, Warm Up

Try these exercises to improve hip mobility and hamstring flexibility to finally get your splits! Equipment: Yoga block

<https://dancer-fitness.com/exercise/full-length-workout-get-your-splits/>