

## **KHIA**

**CATEGORIES:** Endurance, Flexibility,  
Full Workout, Power, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

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

---

## **BEHIND THE KNEE RELEASE**

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## **DOWN DOG JACK**

**LEVEL:** Advanced

**CATEGORY:** Endurance, Flexibility, Strength

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

## **BANDED PUSH UP**

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

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