

BACK STRENGTH AND FLEXIBILITY

CATEGORIES: Flexibility, Strength, Warm Up

LEVEL: Intermediate

EXERCISE COUNT: 4

URL: <https://dancer-fitness.com/plan/back-strength-and-flexibility/>

With improved back flexibility comes the responsibility to make sure strength is also present. Do these four exercises three times in a row:

- Superman Lat Pull Down (10)
- Wheel Pose (1-3)
- One Leg Hip Bridge (10, each side)
- Bow Pose (1-3)

back

Glutes

Hips

SUPERMAN LAT PULLDOWN

LEVEL: Beginner

CATEGORY: Strength

<https://dancer-fitness.com/exercise/superman-lat-pulldown/>

WHEEL POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/wheel-pose/>

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

BOW POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/bow-pose/>