
JAN 24/23

CATEGORIES: Not Categorized

LEVEL: Intermediate

EXERCISE COUNT: 5

URL: <https://dancer-fitness.com/plan/jan-24-23/>

PARTNER WALL SIT CORE WORKOUT

LEVEL: Intermediate

CATEGORY: Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-core-workout/>

DYNAMIC JUMP SQUAT

LEVEL: Intermediate

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/dynamic-jump-squat/>

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/>

HOVER GLUTE KICK BACK

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/hover-glute-kick-back/>

SEATED HIP STRENGTH DRILL 1

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-1/>