

ME

CATEGORIES: Balance, Endurance, Flexibility, On Demand Workout, Power, Strength, Warm Up

LEVEL: Advanced

EXERCISE COUNT: 3

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

ON DEMAND WORKOUT: RECOVERY AND MOBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Warm Up

Whether you're feeling a little burned out or need a recovery day from weeks of competition, slow it down a little and take the time to open your hips, stretch the back and lengthen the hamstrings. Equipment: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-recovery-and-mobility/>

ON DEMAND WORKOUT: SKILL WARM UP

LEVEL: Intermediate

CATEGORY: Balance, Endurance, On Demand Workout, Power, Strength

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>

ON DEMAND WORKOUT: BETTER EXTENSION AND LONGER LINES

LEVEL: Intermediate

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

Follow along with this series of exercises designed to help you straighten and lengthen your legs and improve extension front and side. Equipment Needed: Yoga block and Loop Band

📺 My camera died before the last two sets of core: please watch [this video](#) for the remainder of the workout.

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