
DYNAMIC STRETCH

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 7

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

Dynamic Stretch with Katie

DYNAMIC HAMSTRING STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

DYNAMIC HIP FLEXOR STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/lateral-lunge/>

BUTTERFLY STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

NEGATIVE STRADDLE STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch/>

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

HAMSTRING STRETCH (ADVANCED)

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

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