
STRETCH AND MOBILITY

CATEGORIES: Flexibility, Strength

LEVEL: Beginner

EXERCISE COUNT: 2

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

help get more flexible

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: GET YOUR SPLITS!

LEVEL: Beginner

CATEGORY: Flexibility, On Demand 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/>