

## ***FLEXIBILITY AND MOBILITY***

**CATEGORIES:** Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/flexibility-and-mobility/>

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## **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/>