
(2) BEGINNER SUMMER CONDITIONING

CATEGORIES: Flexibility, Strength

LEVEL: Beginner

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/2-beginner-summer-conditioning/>

BEHIND THE KNEE RELEASE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

MOUNTAIN CLIMBER – SLIDER

LEVEL: Beginner

CATEGORY: Balance, Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-slider/>

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose/>

SEATED HIP STRENGTH DRILL 2

LEVEL: Beginner

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/seated-hip-strength-drill-2/>

MOUNTAIN CLIMBER TWIST

LEVEL: Beginner

CATEGORY: Endurance, Strength, Warm Up

<https://dancer-fitness.com/exercise/mountain-climber-twist/>

HIP OPENER

LEVEL: Beginner

CATEGORY: Flexibility

<https://dancer-fitness.com/exercise/hip-opener/>

LUNGE KNEE TUCK

LEVEL: Beginner

CATEGORY: Balance, Endurance, Power, Warm Up

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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