
(2) INTERMEDIATE SUMMER CONDITIONING

CATEGORIES: Flexibility, Strength

LEVEL: Intermediate

EXERCISE COUNT: 12

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

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/>

ON DEMAND WORKOUT: FRONT LEG EXTENSIONS

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Equipment: Loop band and yoga block

Learn more about Kendall under “INSTRUCTIONS”.

Links to Kendall: [Website](#) [Instagram](#)

<https://dancer-fitness.com/exercise/full-length-workout-front-leg-extensions/>

ON DEMAND WORKOUT: HIP STRENGTH AND BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Strength

Full length video for stronger hips and better extension. Equipment: Loop Band and Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-strength-and-better-extension/>

STANDING HIP MARCH

LEVEL: Intermediate

CATEGORY: Strength

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

PUSH UP DOWN DOG

LEVEL: Intermediate

CATEGORY: Flexibility, Strength

<https://dancer-fitness.com/exercise/push-up-down-dog/>

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

ADDUCTOR SLIDE

LEVEL: Intermediate

CATEGORY: Flexibility, Strength, Warm Up

<https://dancer-fitness.com/exercise/adductor-slide/>

ON DEMAND WORKOUT: BETTER EXTENSION

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

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

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/>

LOW BACK STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

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/>