

ROUTINE

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 1

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

ON DEMAND WORKOUT: FLEXIBILITY FAVORITES

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout, Warm Up

Try out these stretches that utilize the style of stretching called PNF stretching to help your muscles feel stronger and longer!

Equipment: none

<https://dancer-fitness.com/exercise/on-demand-workout-flexibility-favorites/>