
FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Beginner

EXERCISE COUNT: 3

URL: <https://dancer-fitness.com/plan/flexibility-14/>

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/>

FOLLOW ALONG WORKOUT: HIP STRENGTH AND FLEXIBILITY

LEVEL: Beginner

CATEGORY: Flexibility, On Demand Workout, Strength, Warm Up

Follow Along Workout: Hip Strength and Flexibility. Equipment: None

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

ON DEMAND WORKOUT: HIP FLEXIBILITY

LEVEL: Intermediate

CATEGORY: Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>