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## SUNDAY

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 4

**URL:** <https://dancer-fitness.com/plan/sunday-2/>

Do every Sunday

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### ON DEMAND WORKOUT: SKILL WARM UP

**LEVEL:** Intermediate

**CATEGORY:** Balance, Endurance, On Demand Workout, Power, Strength

See When you want to go beyond crunches and relevés, do this quick warm up to engage the muscles you need for straighter legs, better balance and more power.

Equipment needed: Yoga Block

<https://dancer-fitness.com/exercise/on-demand-workout-skill-warm-up/>

### DYNAMIC HAMSTRING STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/dynamic-hamstring-stretch/>

### DYNAMIC BUTTERFLY STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility

<https://dancer-fitness.com/exercise/dynamic-butterfly-stretch/>

### WHEEL POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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