



# PLAN DETAILS

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## STRAIGHTER KNEES

**CATEGORIES:** Uncategorized, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/straighter-knees>

Share this plan with a dancer who struggles to lengthen behind the knee or use it as a warmup before turning and jumping.

1. 30 seconds, each side, 2 times
2. 8-10, each side, 2 times
3. 8-10, each side, 2 times
4. 5, each side, 2 times
5. 8-10, each side, 2 times

Hamstrings

Hips

kicks

Leaps

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## HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Power, Strength, Warm Up

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

## STRAIGHT KNEE LIFT

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-knee-lift>

## STRAIGHT LEG HIP FLEXION

**LEVEL:** Beginner

**CATEGORY:** Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/straight-leg-hip-flexion>

## LEG SWINGS

**LEVEL:** Beginner

**CATEGORY:** Balance, Strength, Warm Up

<https://dancer-fitness.com/exercise/leg-swings>

## HAMSTRING CURL

**LEVEL:** Intermediate

**CATEGORY:** Strength

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