



PLAN DETAILS

INCREASED FLEXIBILITY

CATEGORIES: Flexibility

LEVEL: Intermediate

EXERCISE COUNT: 6

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

It can be easy to fall into the same stretching routine each class, but see if these additions can help your dancers break through a flexibility plateau * Remember to do a dynamic warm up before stretching *

1. Cat cow (10)
2. Cobra pose (10)
3. Yogi squat (12)
4. Lateral lunge (12, each side)
5. Advanced pigeon 60 seconds each side
6. Negative straddle stretch 4 times

back

Full Body

Hamstrings

Hips

CAT / COW

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cat-cow>

COBRA POSE

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

YOGI SQUAT

LEVEL: Beginner

CATEGORY: Flexibility, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/yogi-squat>

LATERAL LUNGE

LEVEL: Intermediate

CATEGORY: Balance, Flexibility, Strength, Warm Up

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

ADVANCED PIGEON STRETCH

LEVEL: Beginner

CATEGORY: Flexibility, Warm Up

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

NEGATIVE STRADDLE STRETCH

LEVEL: Intermediate

CATEGORY: Flexibility, Warm Up

<https://dancer-fitness.com/exercise/negative-straddle-stretch>