



INSTRUCTIONS

ASSISTED SPLITS

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/assisted-splits>

Hip Flexors

Kicks

Lower Body



Steps:

- Come to all fours.
- Place one knee where the wall and floor meet and extend the shin up the wall. Place a yoga mat under your knee if needed.
- Use yoga blocks or tall books to help keep you balanced.
- Place your front foot in a 90-degree angle and tuck your hips under.
- Gently extend the front foot while keeping the knee bent and foot flexed.
- Inhale and exhale slowly each time pushing deeper into the stretch

Hold each side for 30 seconds