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INSTRUCTIONS

FULL LENGTH WORKOUT: GET YOUR SPLITS!

CATEGORIES: Flexibility, Full Workout, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/full-length-workout-get-your-splits/>

Try these exercises to improve hip mobility and hamstring flexibility to finally get your splits! Equipment:
Yoga block

Extension

Glutes

Hamstrings

Hip Flexors

Kicks

Turn Out