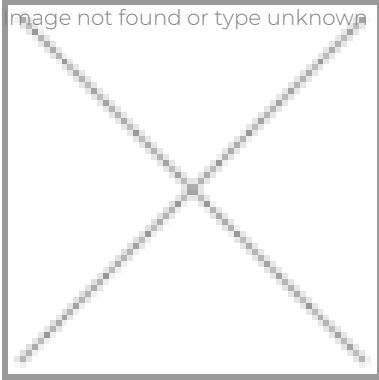


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INSTRUCTIONS

ON DEMAND WORKOUT: OPEN THE HIPS – GET YOUR SPLITS!

CATEGORIES: Flexibility, On Demand Workout, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-open-the-hips-get-your-splits/>

Open your hips and introduce mobility to get flatter in your splits!

Equipment Needed: None

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turn Out
