

## FLEXIBILITY

**CATEGORIES:** Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/flexibility-27/>

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

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout, Warm Up

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

**Equipment Needed:** None

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

### ON DEMAND WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>

### ON DEMAND WORKOUT: HIP FLEXIBILITY

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, On Demand Workout

Full length video for increased hip flexibility to send to your dancers or pull up in class!

Equipment: Yoga Block

<https://dancer-fitness.com/exercise/follow-along-workout-hip-flexibility/>