



## PLAN DETAILS

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### FLATTER SPLITS

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 10

**URL:** <https://dancer-fitness.com/plan/flatter-splits/>

Getting a flat split isn't always about hip flexibility, it's also about strengthening the surrounding muscles to help support your dancer's hips and keep them safe. Exercises 1-4, hold for 30 seconds, each side, 3 times. 5. 10 reps, each side, 3 times. 6. Hold for 30 seconds, 3 times. Exercises 7-9, 10 reps, each side, 3 times. 10. Hold for 30 seconds, 3 times.

Glutes

Hamstrings

Hips

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### HIP FLEXOR STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/hip-flexor-stretch/>

### HALF FROG STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/half-frog-stretch/>

### BUTTERFLY STRETCH

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

### HAMSTRING STRETCH (ADVANCED)

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Power, Strength, Warm Up

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

## HAMSTRING CURL

**LEVEL:** Intermediate

**CATEGORY:** Strength

<https://dancer-fitness.com/exercise/hamstring-curl/>

## WHEEL POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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

## LOWER AB LEG EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/lower-ab-leg-extension/>

## HIP BRIDGE

**LEVEL:** Beginner

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-bridge/>

## GLUTE CIRCLES

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/glute-circles/>

## ASSISTED SPLITS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

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