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## MADDIE GETS STRONGER AND BENDY

**CATEGORIES:** Flexibility, Strength

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

**URL:** <https://dancer-fitness.com/plan/maddie-gets-stronger-and-bendy/>

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### FULL LENGTH WORKOUT: GET YOUR SPLITS!

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Full Workout, Warm Up

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

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

### PARTNER WALL SIT CORE WORKOUT

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-core-workout/>

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