

## SPLITS AND HIPS

**CATEGORIES:** Full Workout

**LEVEL:** Intermediate

**EXERCISE COUNT:** 3

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

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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/>

### 90/90 HIPS

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/90-90-hips/>

### TICK TOCK HIPS

**LEVEL:** Intermediate

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/tick-tock-hips/>