

## SPLITS & FLEXIBILITY

**CATEGORIES:** Flexibility

**LEVEL:** Beginner

**EXERCISE COUNT:** 3

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

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### ON DEMAND WORKOUT: GET YOUR SPLITS!

**LEVEL:** Beginner

**CATEGORY:** Flexibility, On Demand 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/>

### ON DEMAND WORKOUT: RECOVERY AND MOBILITY

**LEVEL:** Intermediate

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

Whether you're feeling a little burned out or need a recovery day from weeks of competition, slow it down a little and take the time to open your hips, stretch the back and lengthen the hamstrings. Equipment: Yoga Block

<https://dancer-fitness.com/exercise/full-length-workout-recovery-and-mobility/>

### ON DEMAND WORKOUT: 10 MINUTE PRE PERFORMANCE

**LEVEL:** Intermediate

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

Equipment needed: None

<https://dancer-fitness.com/exercise/on-demand-workout-10-minute-pre-performance/>