

## SPLITS/FLEXIBILITY

**CATEGORIES:** Flexibility

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/splits-flexibility-3/>

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: FLEXIBILITY FAVORITES

**LEVEL:** Intermediate

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

Try out these stretches that utilize the style of stretching called PNF stretching to help your muscles feel stronger and longer!

Equipment: none

<https://dancer-fitness.com/exercise/on-demand-workout-flexibility-favorites/>