

EMMA'S

CATEGORIES: Flexibility

LEVEL: Beginner

EXERCISE COUNT: 1

URL: <https://dancer-fitness.com/plan/emmas/>

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/>