

Achieving your splits

Whilst we have been given this time to analyse and maintain our technique why not follow these steps to improve or perfect your splits?

Flexibility is a key component for all budding dancers and gymnasts.

Don't forget to take a before and after picture of your split lines so you can monitor your own progress.

We would also love to see your photos to share your stretch journey with you. Don't forget to use **#starbriteathome** and tag us in your posts with **@starbritestudios**.

