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INSTRUCTIONS

PSOAS STRETCH

CATEGORIES: Flexibility

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/psogas-stretch/>

Hip Flexors

Leaps

Quadriceps

Turn Out



STEPS:

- Begin by lying on your back with knees bent and feet on the floor. Position a yoga block under your tailbone.
- Draw your right ankle towards your glutes, sliding it under your left leg to open up the hip.

Hold the stretch for 30-45 seconds, then switch sides.