



INSTRUCTIONS

HALF FROG STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Extension

Hip Flexors



STEPS:

- Starting on your knees, extend one leg out to your side and place your hands on the floor in front of you.
- Drop your hips toward the floor until you feel a stretch on the inner thigh and hips.
- Raise and lower your hips in a controlled manner to engage more or less of a stretch