



INSTRUCTIONS

HIP FLEXOR STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Extension

Hip Flexors



STEPS:

- Starting on your knees, step one foot forward into a lunge
- Raise your opposite arm above your head and rotate your hips sitting deeper into the lunge.
- Hold for 30 seconds and repeat on the opposite side