



INSTRUCTIONS

KNEE HUG

CATEGORIES: Endurance, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/knee-hug>

Abs

Core

Hip Flexors

Turns



STEPS:

- Starting on your back, draw your navel to the floor raising your shoulders and ankles.
- Drive one knee to your chest, holding your knee for a beat before re-extending it.
- Never let your heels touch the floor.

Repeat with your opposite knee 10-12 times on each side