



INSTRUCTIONS

ADVANCED PIGEON STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Extension

Hamstrings

Hip Flexors



STEPS:

- Starting in a pigeon with your front leg bent at the knee and back leg extended behind you, press your arms into the ground straightening your front leg leaving the pinky edge of your foot connected to the floor.
- Hold for 3 counts and return to pigeon.
- Repeat 4 times on each side.