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INSTRUCTIONS

HIP FLEXION MARCH

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/hip-flexion-march>

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turns



STEPS:

- Lying on your back, lift one leg 4-6 inches off the ground.
- Hinging at the hip, draw your knee up towards your chest creating a 90 degree bend in your knee.
- Straighten your leg, still hovering 4-6 inches off the ground.

Repeat 10 reps, each side, 2 rounds.