



INSTRUCTIONS

SPINAL TWIST STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/spinal-twist-stretch>

Back

Upper Body



Steps:

- Sit with your legs extended forward.
- Cross your right foot over your left thigh.
- Extend your left arm on the outside of the right knee.
- Inhale.
- When you exhale, twist your torso to the right and place your right hand next to your right hip to hold the stretch.
- Allow your head to follow your body to the right.

Repetitions:

Hold for 30 – 60 seconds and repeat on the other side.