



# INSTRUCTIONS

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## FIGURE 4 STRETCH

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/figure-4-stretch>

Extension

Glutes

Hamstrings

Hip Flexors

Kicks

Knee Strength

Leaps

Lower Body



### Steps:

- Sit up tall on your sits bones.
- Cross your left leg over your right knee, centering your ankle bone on the right knee.
- Press your chest toward your legs and fold yourself in half. As if you're between two walls.
- Keep your belly tight and shoulders down.

Repetitions and Modifications:

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

[ - ] Laying on your Back

- Lie on your back with both knees bent and head on the floor.
- Wrap your arms around your right thigh and gently pull your thigh toward your chest.
- Gently press your left knee away from your body with your elbows.

Hold for 30 – 60 seconds and