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INSTRUCTIONS

HUNDREDS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

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

Abs

Acrobatics

Core

Extension

Turns



Steps:

- Begin in a seated position with your knees bent and your feet flat on the floor.
- Lift your feet off the floor. Keep your knees bent at first. Bring your shins parallel to the floor. This is half boat pose.
- Your torso will naturally fall back, but do not let the spine round.
- Roll your shoulders back and straighten your arms roughly parallel to the floor
- Balance on the sit bones
- Gently pulse your arms up and down exhaling on every pulse
- Repeat until you hit 100 pulses