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INSTRUCTIONS

HALF PIGEON STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Extension

Glutes

Hamstrings

Hip Flexors

Knee Strength

Turn Out



STEPS:

- Begin in downward dog. Creating the shape of a capital A.
- Extend your right leg up toward the sky until you feel a stretch in the hip.
- Bring your leg down toward the floor and place it on the floor with your right shin under your torso and right foot to the front of your left knee, behind your left hand.
- The further forward your right heel is, the deeper and more intense the pose will be.
- Keep your right foot flexed to help protect your knee.
- Slide your left leg back behind you. Straighten it and let the front of your thigh sit on the floor. Look behind you to make sure your left leg is extended straight behind you, not out to one side.
- Try to maintain equal weight in both hips.
- Place your hands on either side of your leg. Inhale and sit up tall.
- Exhale and fold forward.

Repetitions and Modifications:

Hold for 30 – 60 seconds

[–] Limit the range of motion when folding forward

[+] Try to get your front shin parallel to the wall in front of you