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INSTRUCTIONS

BUTTERFLY STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Glutes

Hamstrings

Hip Flexors

Knee Strength

Lower Body

Turn Out



Steps:

- Come to a seated position and bring feet together
- Open knees and let them fall to the ground.
- HOLD YOUR ANKLES – NOT YOUR FEET
- Gently press down on each knee for 30 seconds
- Fold forward for 30 seconds