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# INSTRUCTIONS

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## NEGATIVE STRADDLE STRETCH

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/negative-straddle-stretch/>

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body

Turn Out



### Steps:

- Come to a straddle position with feet pointed and arms in high fifth position
- Squeeze your core and glutes
- Slowly fold forward taking 10 COUNTS to make it to the ground
- Once you hit the ground, relax your hips and hold for 60 seconds.