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INSTRUCTIONS

STRAIGHT LEG HIP FLEXION

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/straight-leg-hip-flexion/>

Ankles

Hip Flexors

Kicks

Knee Strength

Lower Body

Quadriceps

Turn Out



Steps::

- Begin on one leg with knee bent and other leg extended forward with foot flexed
- Gently pulse the extended leg up and down focusing on squeezing the top of the leg.

Repetitions:

Pulse 12 – 15 times and switch legs.