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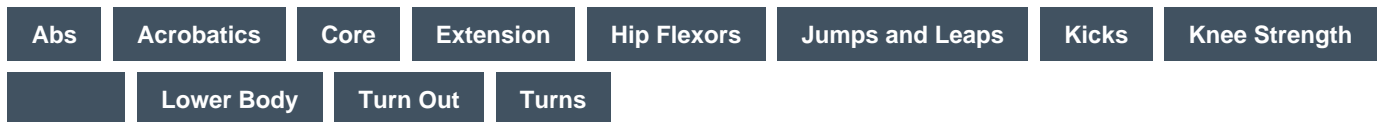
INSTRUCTIONS

LOWER AB LEG EXTENSION

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lower-ab-leg-extension/>



Steps::

- Begin laying on your back with hands gently pressing rib cage down and knees tucked in toward chest.
- Leaving rib cage down and low back glued to the floor, extend one leg out about 3 inches from the floor
- Take five deep breathes from the belly, not the ribs
- Switch legs

REpetitions and Modifications:
Repeat 4 times on each leg

[+] Extend both legs out at the same time.