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# INSTRUCTIONS

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## BOW POSE

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/bow-pose/>

Acrobatics

Back

Chest

Full Body

Hip Flexors

Knee Strength

Quadriceps

Shoulders

Upper Body



### Steps::

- Begin laying on your stomach
- Reach back and grab the outside of each foot with your same side hand.
- Engage your core and press shoulders down.
- Slowly pull feet up to the ceiling while keeping arms straight.
- Hold for a breath
- Lower your hips to the ground and repeat.