

gdfgdg



INSTRUCTIONS

WHEEL POSE

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Arms

Back

Chest

Full Body

Hip Flexors

Knee Strength

Quadriceps

Shoulders



Steps::

- Begin laying on your back
- Press the palms of your hands into the ground by your shoulders.
- Push through the heels of your feet to position yourself into a bridge.
- Slowly straighten your legs while pushing towards your shoulders.
- Relax the knees,
- lower your back to the ground and repeat.