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# INSTRUCTIONS

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## KNEE HUG

**CATEGORIES:** Endurance, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/knee-hug/>

Abs

Core

Hip Flexors

Turn Out

Turns

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### STEPS:

- Starting on your back, draw your navel to the floor raising your shoulders and ankles.
- Drive one knee to your chest, holding your knee for a beat before re-extending it.
- Never let your heels touch the floor.

Repeat with your opposite knee 10-12 times on each side