

gdfgdg



# INSTRUCTIONS

## FROG KNEE ABS

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Advanced

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

Abs

Core

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turns



### STEPS:

- Seated on the ground, set your hands 6 inches behind your low back for support.
- Lift your knees towards your chest, bent at 90 degrees.
- Rotate your knees until the soles of your feet touch
- Extend your legs out straight from your hips while lowering onto your elbows.
- Drawing your legs in until your soles touch, push back up to your hands.
- Return your knees together.

Repeat 15 reps total, 2 times.

[-] Stay up on your hands

[+] Add a band above your knees