

gdfgdg



# INSTRUCTIONS

---

## 90/90 HIPS

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/90-90-hips/>

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



### STEPS:

- Start with your legs straight out in front of you.
- Bend one knee towards your hip, keeping your leg on the floor, until your foot meets the opposite knee.
- Bend your other leg, bringing your ankle to your glute.
- Slowly lift your knees to the ceiling, until the soles of your feet touch the floor, and fold your knees to the opposite side.

Repeat 10 times.