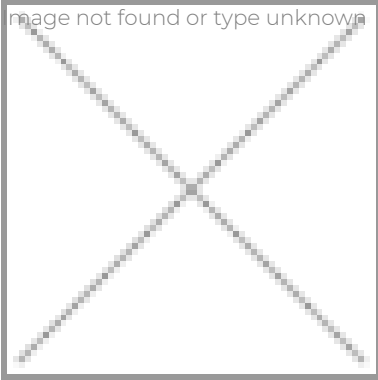


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INSTRUCTIONS

HIP OPENER

CATEGORIES: Flexibility

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/hip-opener/>

Hip Flexors



STEPS:

- Starting high on your knees, step on foot with your sole on the ground and your knee bent at 90 degrees, turned out.
- Reach down to the ankle with the same side arm.
- Extend your opposite arm towards the ceiling, creating a straight line with your finger tips.
- Bring your arms back toward your sides.
- Return your knees together.

Hold this stretch for 30 seconds on each side.