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INSTRUCTIONS

DYNAMIC HIP FLEXOR STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/dynamic-hip-flexor-stretch/>

Extension

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body

Turn Out



STEPS:

- In a high kneeling position, step the right foot in front so the knee is directly over the ankle.
- Squeeze your butt cheeks and tuck hips under.
- Slowly lean into the right leg a couple inches and slowly return back to starting position.
- Leaving hips tucked and glutes squeezing the whole time.

Repeat 5 times before switching sides.