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INSTRUCTIONS

DYNAMIC HAMSTRING STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

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

Extension

Hamstrings

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Start standing in a wide second position with your feet parallel.
- Lift your arms out to a T in line with your shoulders.
- Keeping your legs and arms straight, cross your right arm over to meet your left toes, hinging at the hips.
- Squeeze your glutes and stand.
- Return to a T and repeat on the opposite side.

Repeat 20 times total.

(-) Gently bend the knees if there is too much strain on the legs and back