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INSTRUCTIONS

DYNAMIC BUTTERFLY STRETCH

CATEGORIES: Flexibility

LEVEL: Beginner

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

Hip Flexors

Turn Out



STEPS:

- In a seated position with your back straight, pull the soles of your feet together and bring them in towards you while your knees extend outward.
- Squeeze in the hips, lifting the knees towards the ceiling AT THE SAME TIME press elbows into the knees and hold for 5 seconds.
- Imagine you're trying to melt an M&M between your elbow and knee
- Slowly release and press your forehead forward (not down) and gently press the knees close to the floor.

Repeat 5 times.