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# INSTRUCTIONS

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## BEHIND THE KNEE RELEASE

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/behind-the-knee-release/>

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body



### STEPS:

- Place your front foot TURNED OUT on a yoga block, hitting the middle of the foot.
- Back foot is parallel.
- Lift your arms above your head.
- While keeping your legs straight and core engaged, start to fold over your right leg 2-3 inches and lift back up slightly with an inhale.
- Repeat again, going slightly further and lift back up.
- On your third round go as far as you can, keeping your back flat.
- Return to start.

Repeat 3 times before switching sides.