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INSTRUCTIONS

TWO LEG V UP WITH YOGA BLOCK

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/two-leg-v-up-with-yoga-block/>

Abs

Core

Hip Flexors

Jumps and Leaps

Lower Body

Turns



STEPS:

- Begin laying on your back, palms pressed into the ground behind you for support, with a yoga block between your feet.
- Press into your palms, with your back straight lifting both legs toward the ceiling.
- Hold for one count and return to the starting position.
- Keeping your ankles off the floor.

Repeat 16 - 20 times, then rest.