



# INSTRUCTIONS

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## ADVANCED PIGEON STRETCH

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/advanced-pigeon-stretch>

Hamstrings

Hip Flexors



### STEPS:

- Starting in a pigeon with your front leg bent at the knee and back leg extended behind you, press your arms into the ground straightening your front leg leaving the pinky edge of your foot connected to the floor.
- Hold for 3 counts and return to pigeon.
- Repeat 4 times on each side.