



INSTRUCTIONS

NEGATIVE STRADDLE STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/negative-straddle-stretch>

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps:

- Come to a straddle position with feet pointed and arms in high fifth position
- Squeeze your core and glutes
- Slowly fold forward taking 10 COUNTS to make it to the ground
- Once you hit the ground, relax your hips and hold for 60 seconds.