

# INSTRUCTIONS

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## STRAIGHT LEG HIP FLEXION

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/straight-leg-hip-flexion>

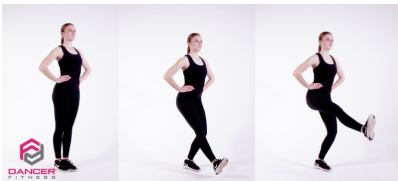
Ankles

Hip Flexors

Kicks

Lower Body

Quadriceps



### Steps::

- Begin on one leg with knee bent and other leg extended forward with foot flexed
- Gently pulse the extended leg up and down focusing on squeezing the top of the leg.

Repetitions:

Pulse 12 – 15 times and switch legs.