

Butterfly



Description: Thigh Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

Instructions

1. From a seated position, place the bottoms of your feet together and let your knees fall towards the ground.
2. Sit up straight and lean forward over your feet.
3. Hold for 30 seconds.
4. You should feel the stretch in your inner thigh area (adductors).

Tips & Modifications

- If your flexibility is limited, try sitting with legs crossed.
- For more of a challenge, bring your feet in closer to your body and lean forward.



Click here or scan
the QR Code to the
right to watch video
instructions!

