

Single Leg Butterfly

Instructions: Duration 1 minute

Lay on your back with both knees bent and feet together and flat on the ground. Tighten your stomach muscles slightly to engage your core and slowly lower your left knee to the side keeping your feet together and your core lightly engaged. Your left leg should be completely relaxed allowing gravity to pull your knee toward the floor. You will feel a stretch through your left groin.



Hold this position for 30 seconds.
Repeat with the right leg.