

Butterfly

Why we do it:

Stretches the inner thigh and opens up the hips. Helps maintain every day movements like opening and closing the legs.

Functional Benefit:

Mobility
Flexibility



Start in a seated position with heels together as close to the buttocks as possible, knees off the floor and elbows resting on the knees.



Clasp your feet and pull forwards, keeping a straight back.

Return to centre.



Rotate torso to the right, right arm extends behind, head follows shoulder. Stretch.

Return to centre and repeat on the opposite side.