

## Butterfly

**Instructions:**      **Duration:** 30 Seconds

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 both knees to the side keeping your feet together and your core lightly engaged. Your legs should be completely relaxed allowing gravity to pull your knees toward the floor. You will feel a stretch through your groin.



Hold this position for 30 seconds.