

Step-By-Step Process

To Do A Full Butterfly Exercise



1

Sit on an exercise mat with a straight back and stretched legs

2

Gently bend your knees and bring your feet toward your pelvic bone



3

Place the soles of your feet together and get them as close to your groin as comfortable



4

Use gentle pressure to move your feet up and down with elbow support



5

Repeat the exercise for a comfortable amount of times



6

Straighten your legs and relax



Note: Stop performing the exercise instantly if you experience pain or discomfort.