Start standing with closed legs
Move one leg backwards until it is in a horizontal position parallel to the floor, lowering your upper body as well
Extend your arms forward until they are also parallel to the floor
Facing downwards and your back is straight
Tense your abs and keep body tension
The standing leg is slightly bent
Hold this position for a few seconds
Return to the starting position and repeat the exercise on the other side

Muscle groups: thigh muscles, glutes