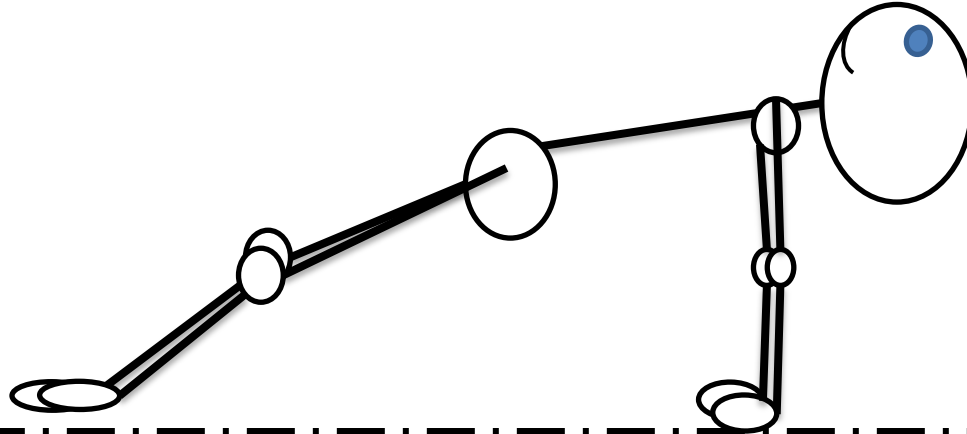


Incline Plank Hold



How to:

- ☆ Sit on the ground with arms behind you
- ☆ Hands are palm down pointed towards your feet
- ☆ Raise off the ground with knees bent
- ☆ Slowly straighten one leg at a time



Knees bent

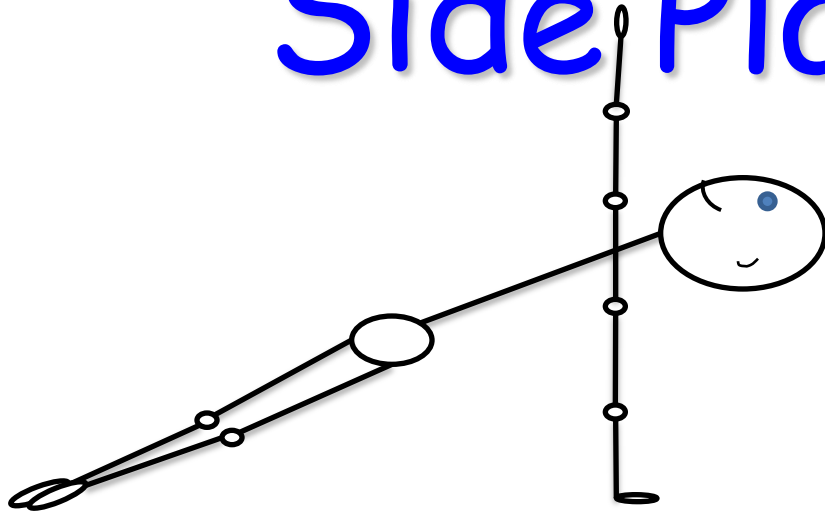


One knee bent, one leg straight



Both legs are straight

Side Plank



· How to:

- ☆ Lie on your side
- ☆ Place your lower elbow on the ground
- ☆ Place your lower hand on your waist
- ☆ Raise off the ground with your knees bent



Rest on your elbow with both knees bent

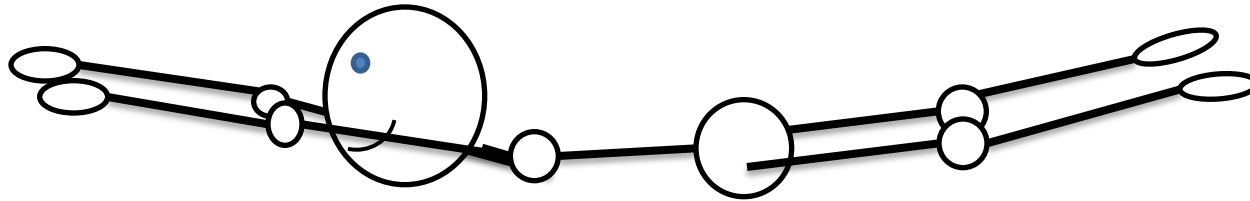


Straighten your arm with one knee bent and one leg straight



Straighten your arm with both legs straight

Superman



How to:

- ☆ Lie on your stomach
- ☆ Look straight towards the wall
- ☆ Lift your legs off the ground and point toes towards the wall
- ☆ Lift your arms off the ground and reach for the wall



Lift right arm and left leg off the ground

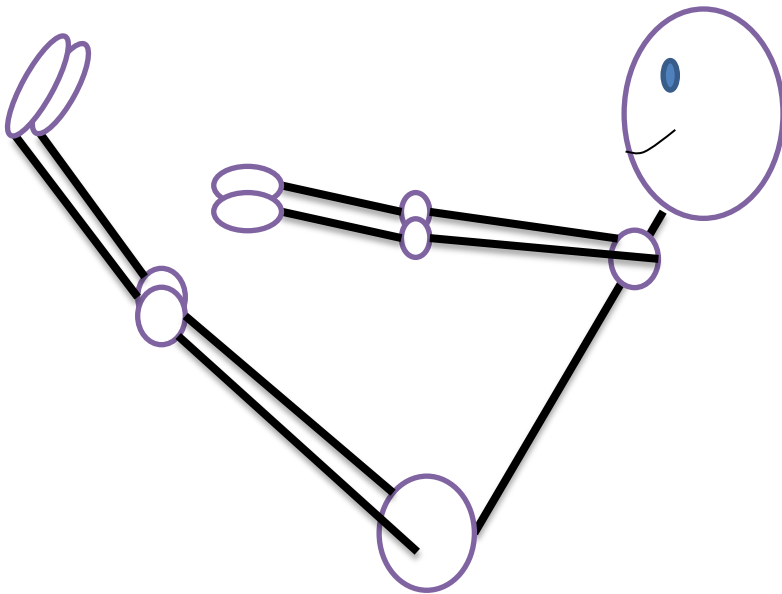


Lift both legs off the ground with elbows touching the floor



Lift both arms and both legs off the floor

Boat



How to:

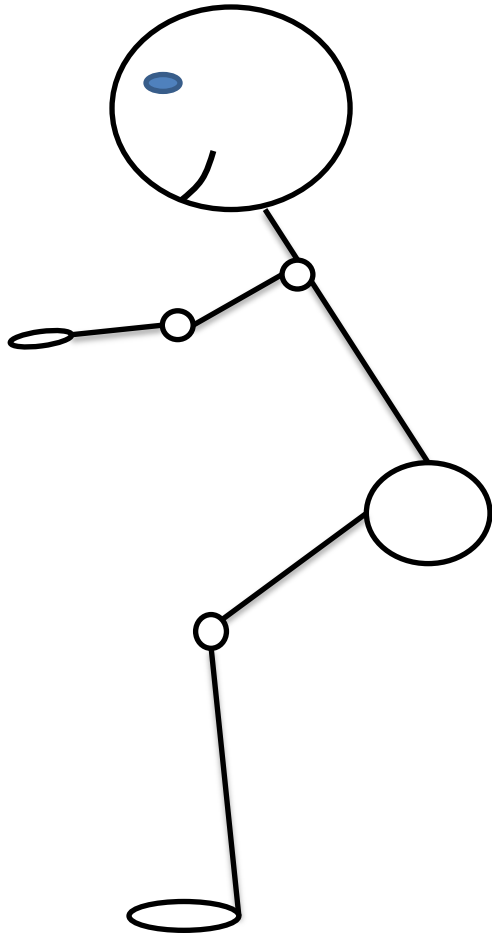
- ☆ Sit on the ground
- ☆ Raise your legs off the ground with your knees bent
- ☆ Place your hands on your upper legs
- ☆ Slowly straighten one leg at a time

 Knees bent and hands on upper thighs

 One knee bent, one leg straight with hands on lower leg

 Both legs straight with arms straight in front of you

Chair Hold



How to:

- ☆ Put your hands straight out in front of you
- ☆ Slowly sit like you are sitting in a chair
- ☆ Keep your heels on the floor



Heel on the floor with hands on upper thighs

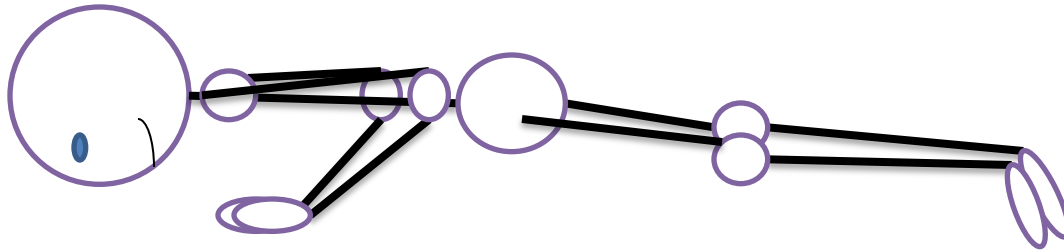


Heels on floor with arms straight in front of you



Balance on your toes with arms straight in front of you

Crocodile Hold



How to:

- ☆ Lie on the floor with hands beside chest
- ☆ Lift your body off the floor (1 to 2 inches off the floor.)



Knees on the floor

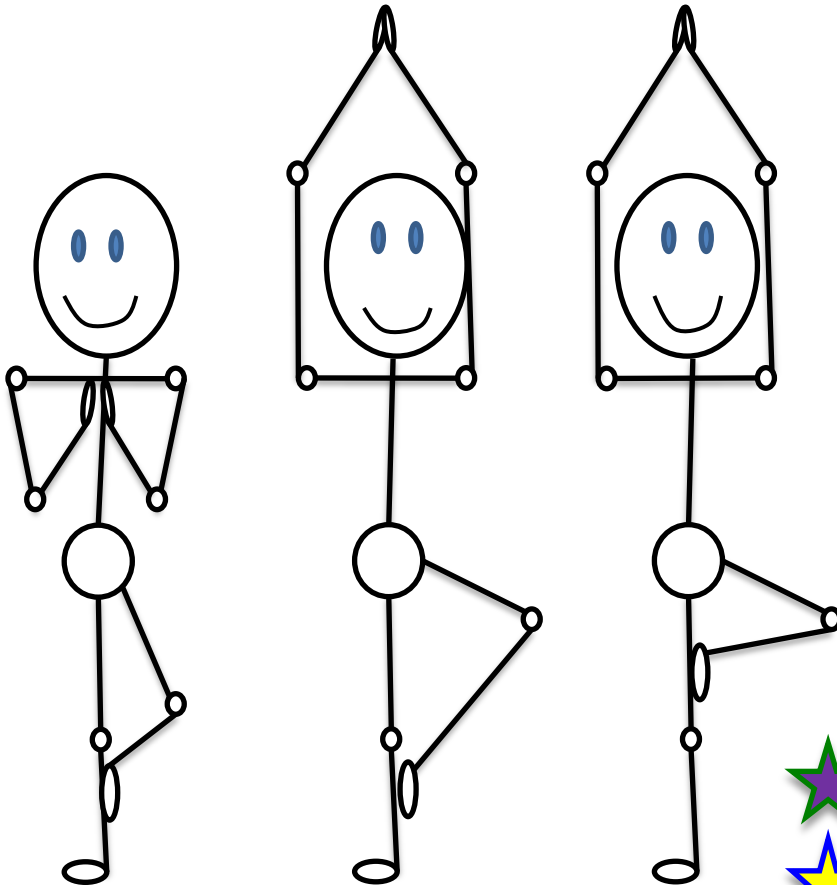


One knee on the floor, one leg straight



Both legs straight on toes

Tree Hold



How to:

- ☆ Balance on one leg
- ☆ Place your other foot on your support leg (at your calf)
- ☆ Clasp your hands in front of your waist



Place toe on floor with hands on waist

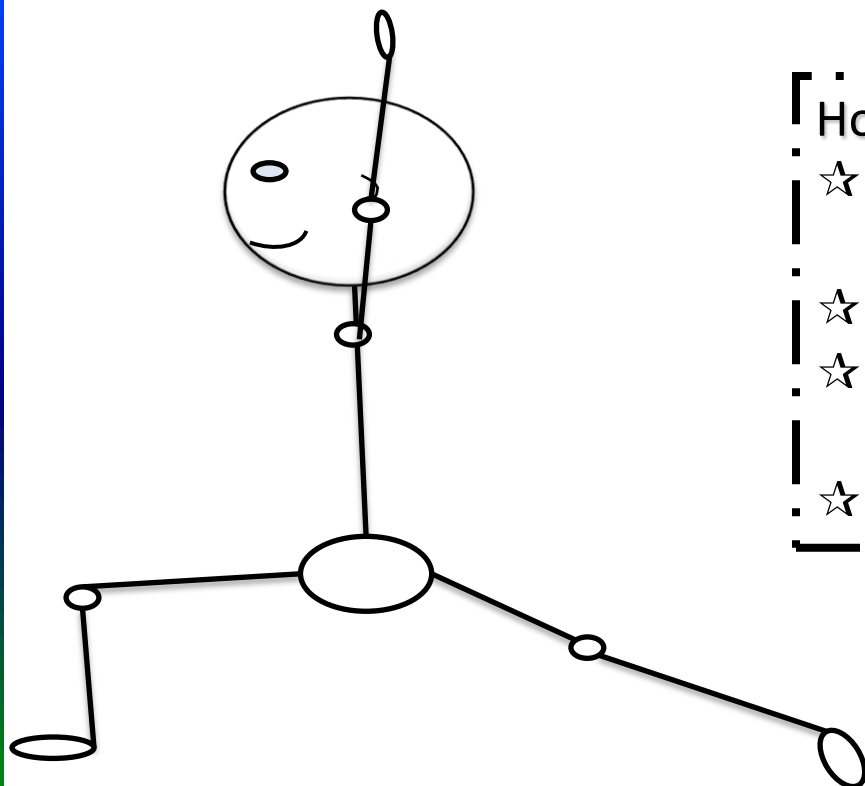


Place foot on lower leg with hands in front of waist



Place foot on upper leg with hands together above the head

Warrior I

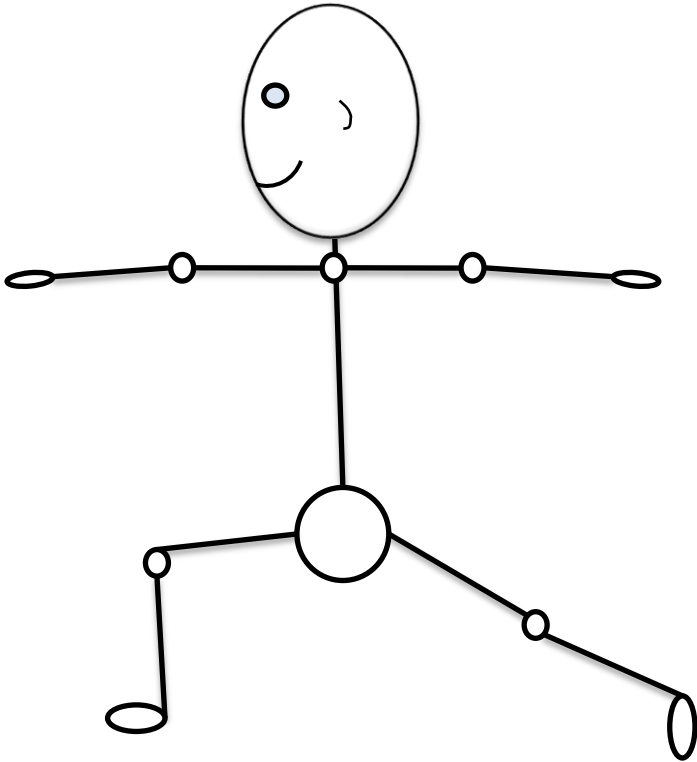


How to:

- ☆ Step your feet as wide apart as your legs are long
- ☆ Lunge with your front leg
- ☆ Lift your upper body and arms to the sky
- ☆ Keep your knee above your ankle

- ☆ Place hands on hips and shorten your stance
- ☆ Arms above head and shorten your stance
- ☆ Lower your hips to create a deeper stretch

Warrior II



How to:

- ☆ Step your feet as wide apart as your legs are long
- ☆ Lunge with your front leg
- ☆ Lift your upper body and reach arms in opposite directions
- ☆ Keep your knee above your ankle



Place hands on hips and shorten your stance

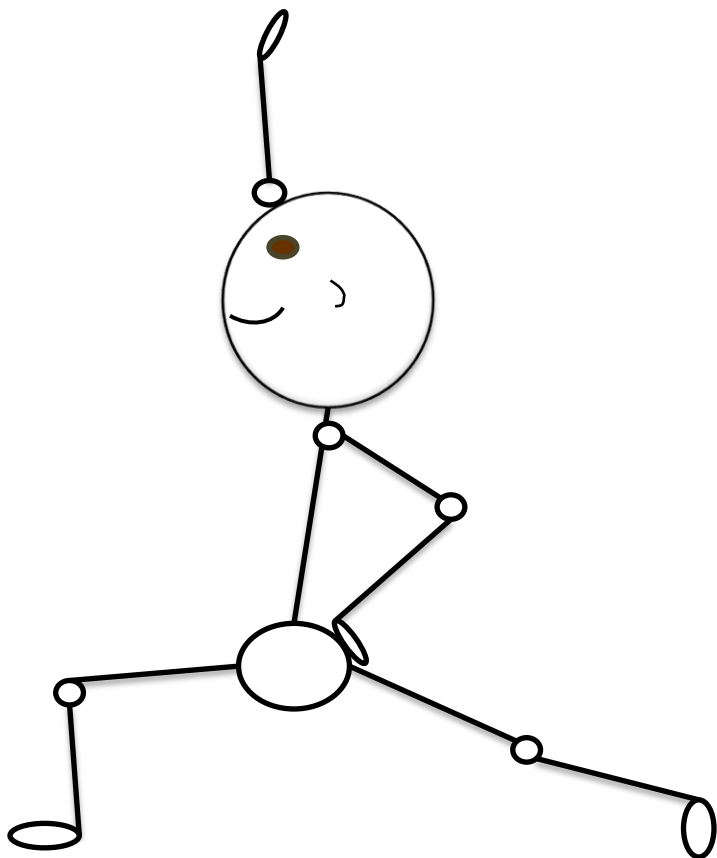


Shorten your stance



Lower your hips to create a deeper stretch

Reverse Warrior



How to:

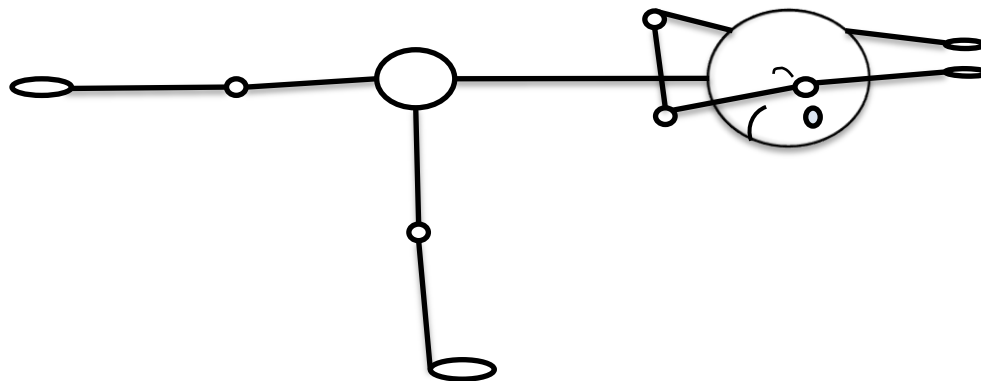
- ☆ Step your feet as wide apart as your legs are long
- ☆ Lunge with your front leg
- ☆ Lift your upper body and reach with one arm towards the ceiling
- ☆ Keep your knee over your ankle

★ Slightly bend your front leg and shorten your stance

★ Shorten your stance

★ Lower your hips to create a deeper stretch

Warrior III



How to:

- ☆ Stand straight with arms straight above your head
- ☆ Bend forward at the waist
- ☆ Balance on left leg and extend right leg back



Rest hands on your upper thighs AND Bend your support leg

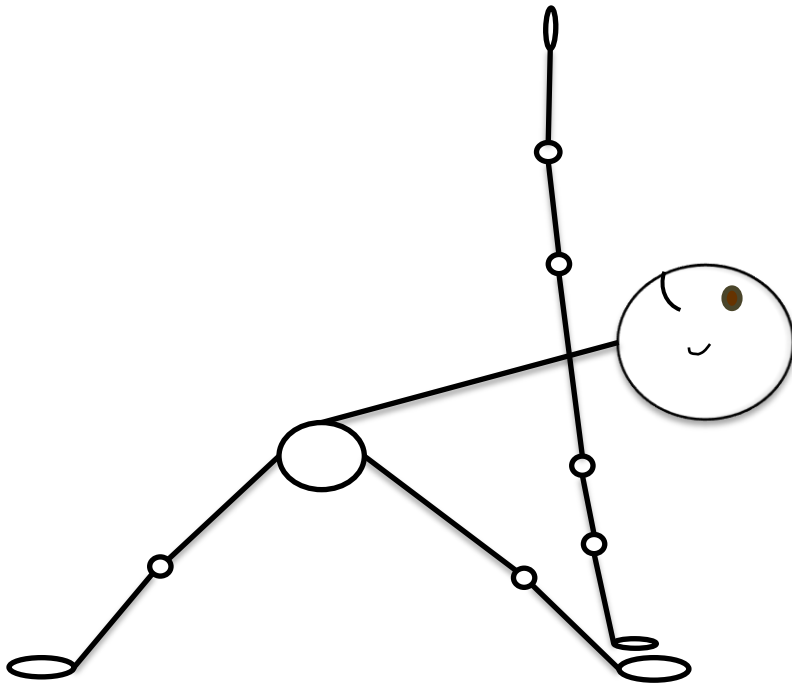


Bring arms out to the side OR Bend your support leg



Straighten your support leg and extend leg back

Triangle



How to:

- ☆ Stand straight with legs forming a V
- ☆ Lower one hand towards your ankle
- ☆ Raise other arm towards the ceiling
- ☆ Look up towards ceiling



Bend front leg and place lower hand on thigh

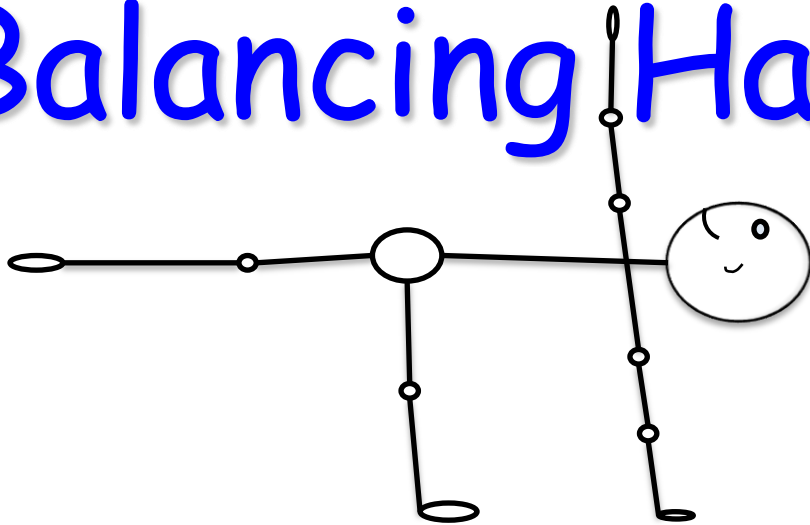


Place lower hand on shin



Both legs straight with lower hand on ankle

Balancing Half Moon




How to:

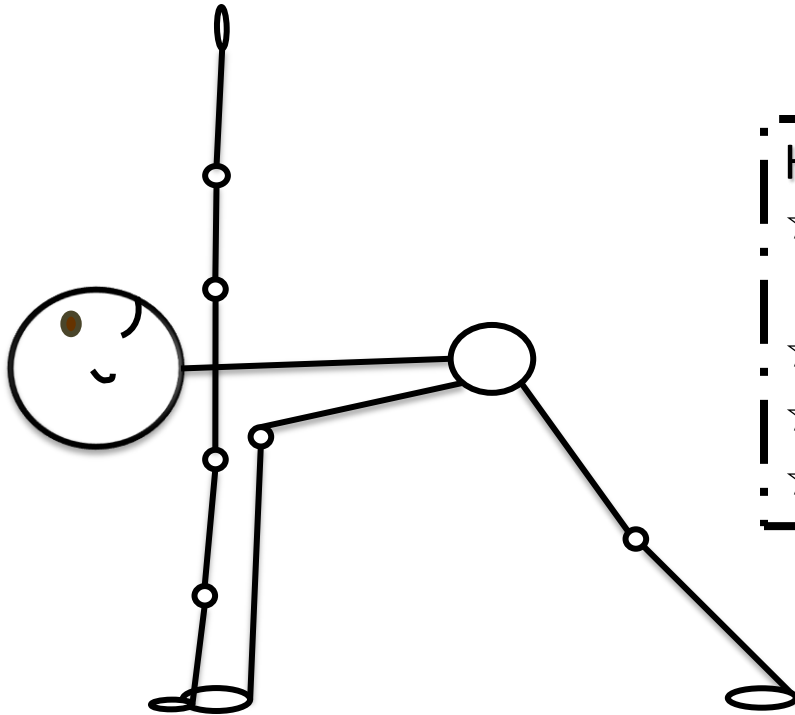
- ☆ Stand straight with arms beside your body
- ☆ Bend to the side while lowering left arm to the ground
- ☆ Balance on the left leg and extend the right leg back
- ☆ Extend right arm and look up towards the ceiling

 Rest hands on your upper thighs AND Bend your support leg

 Bring arms out to the side OR Bend your support leg

 Straighten your base leg and raise one arm towards the ceiling

Extended Angle



How to:

- ☆ Step your feet as wide apart as your legs are long
- ☆ Lunge with your front leg
- ☆ Lower one hand towards your ankle
- ☆ Upper arm extends towards the ceiling



Lower hand, rest on thigh and shorten stance

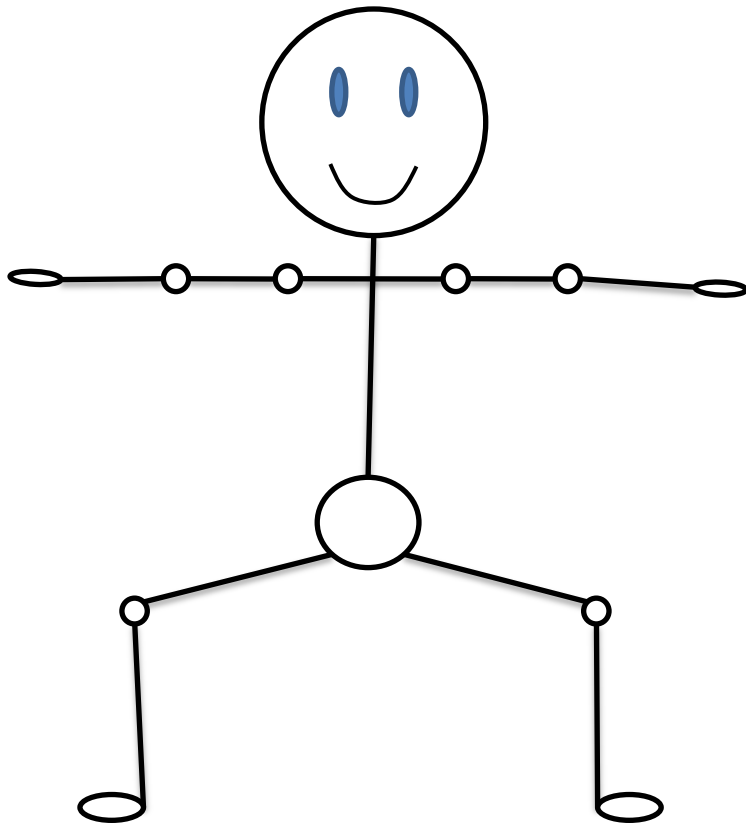


Lower hand, rest on thigh and raise upper arm towards the ceiling



Lower hand rest beside ankle

Sun Pose



How to:

- ☆ Stand straight with legs in a V
- ☆ Extend arms out
- ☆ Sink your hips and point toes out



Rest hands on waist

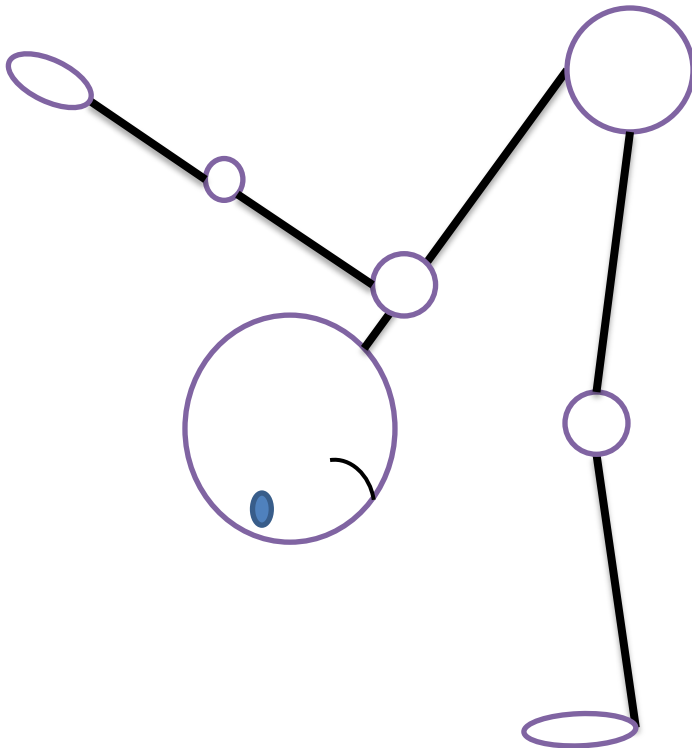


Slightly bend knees with arms out to side



Slowly sink your hips to the floor with arms out to side

Standing Chest Expansion



How to:

- ☆ Feet hip-width apart
- ☆ Interlace your fingers behind your back
- ☆ Straighten your arms
- ☆ Slowly raise your arms
- ☆ Lower into a forward fold with slight bend in your knees



Rest hands on lower back

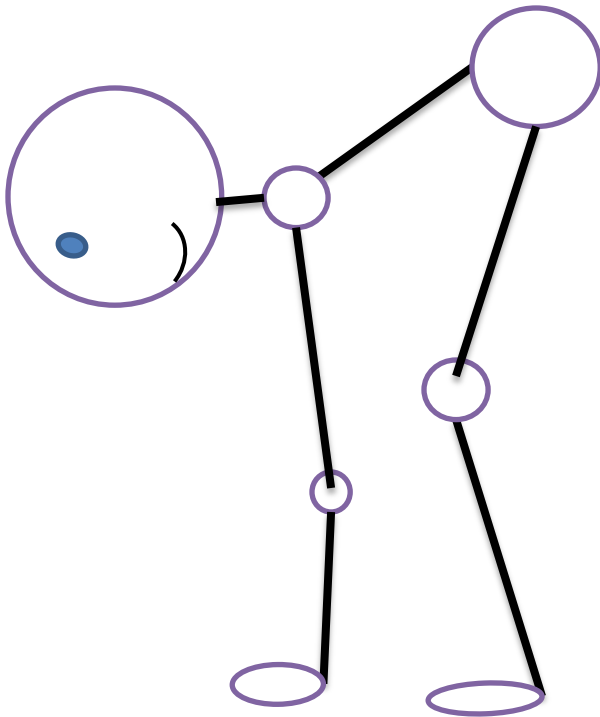


Clasp hands and raise off back six inches



Clasp hands and move arms away from hips

Monkey



How to:

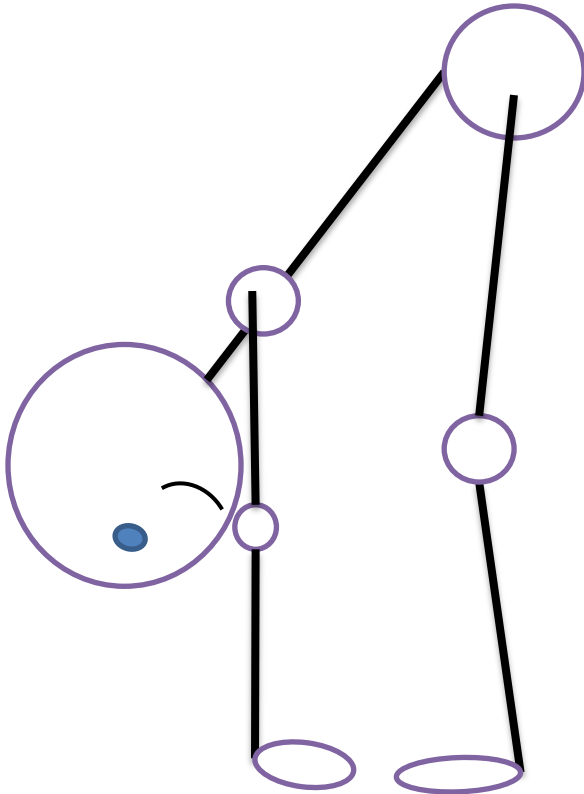
- ☆ Place feet hip-width apart
- ☆ Bend knees
- ☆ Fold forward at the hips
- ☆ Rest palms on ground

☆ Knees bent and hands on upper thighs

☆ Place hands on shins

☆ Slightly bend knees with palms on floor

Wrist



How to:

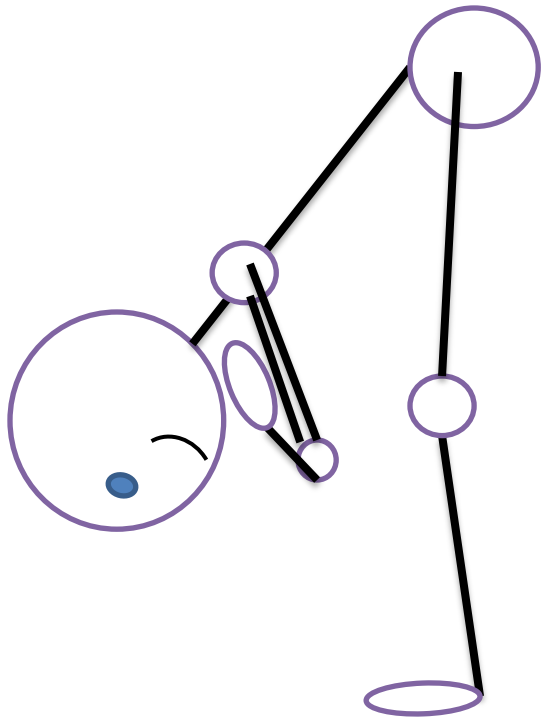
- ☆ Place feet hip-width apart
- ☆ Bend knees
- ☆ Fold forward
- ☆ Rest back of hands on ground

★ Knees bent and hands on upper thighs

★ Place hands on shins

★ Slightly bend knees with hands on the floor

Standing Forward Fold



How to:

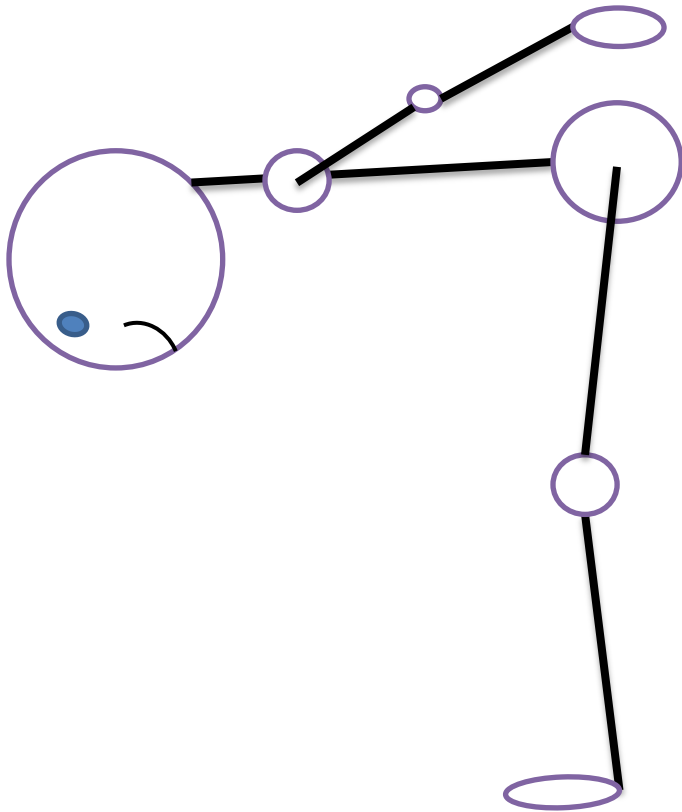
- ☆ Place feet hip-width apart
- ☆ Bend knees
- ☆ Fold forward
- ☆ Cross arms in front of chest

★ Knees bent and hands on upper thighs

★ Knees bent with slight forward fold

★ Knees bent and hands grab opposite shoulder blade
(hug yourself)

Airplane



How to:

- ☆ Place feet hip-width apart
- ☆ Bend knees
- ☆ Fold forward
- ☆ Draw shoulder blades together
- ☆ Arms form a V
- ☆ Turn palms towards the floor



Knees bent and hands on upper thighs

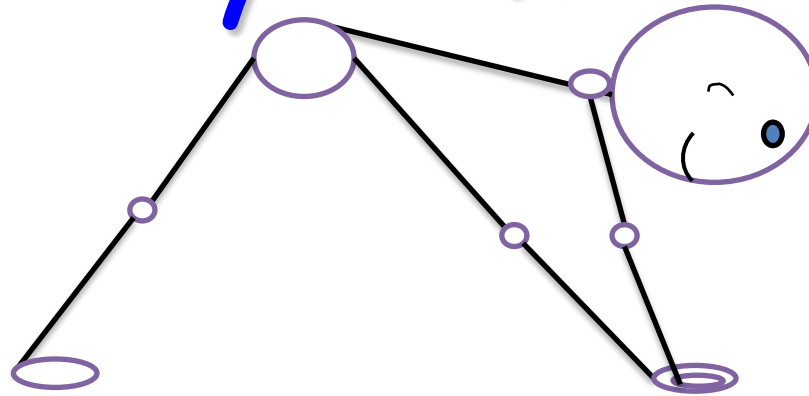


Knees bent and palms up towards the ceiling



Knees slightly bent and arms form a V with palms facing the floor

Pyramid



How to:

- ☆ Stand with feet apart and toes facing the same direction
- ☆ Square hips to face the same direction as your feet
- ☆ Hinge forward and lower hands to ground



Knees bent hands on upper thigh of forward leg

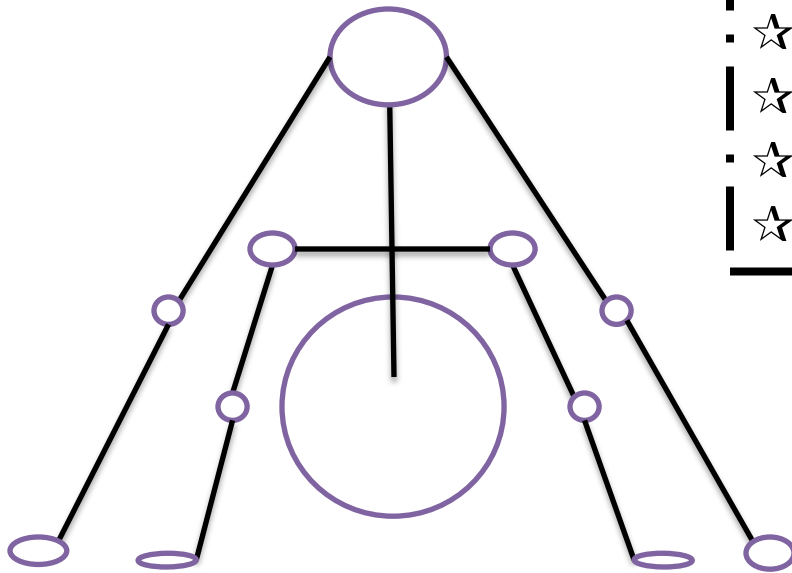


Knees bent with hands on shin of forward leg



Knees bent with palms on floor

Standing Straddle Splits



How to:

- ☆ Stand with feet apart
- ☆ Toes facing forward
- ☆ Feet are flat on the floor
- ☆ Palms are flat on the floor



Knees bent with hands on upper thighs



Knees bent with hands on shins

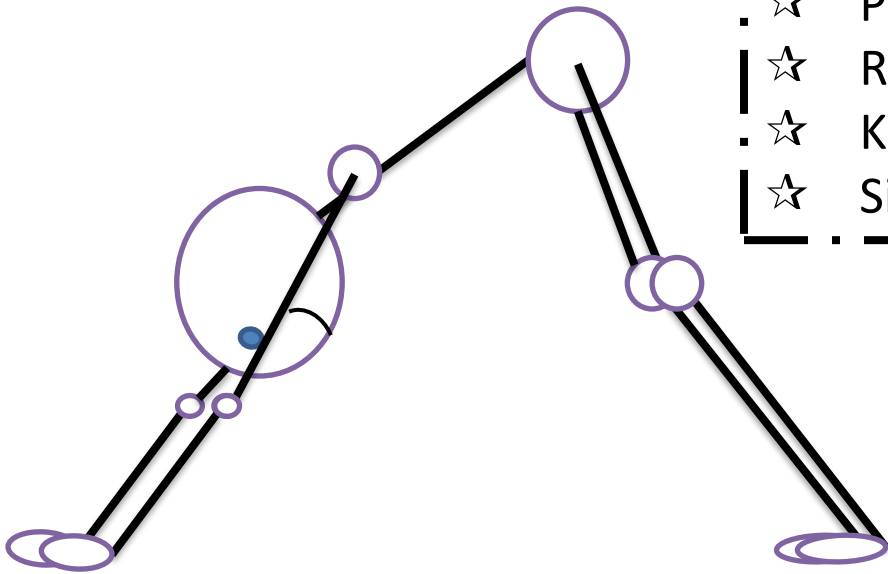


Knees bent with palms on floor

Downward Facing Dog

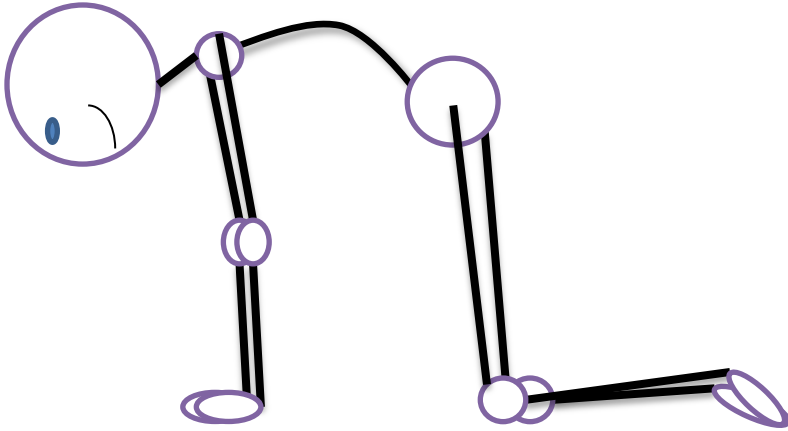
How to:

- ☆ Kneel on the ground
- ☆ Place hands and feet on floor
- ☆ Raise off the ground
- ☆ Knees slightly bent
- ☆ Sink heels into floor



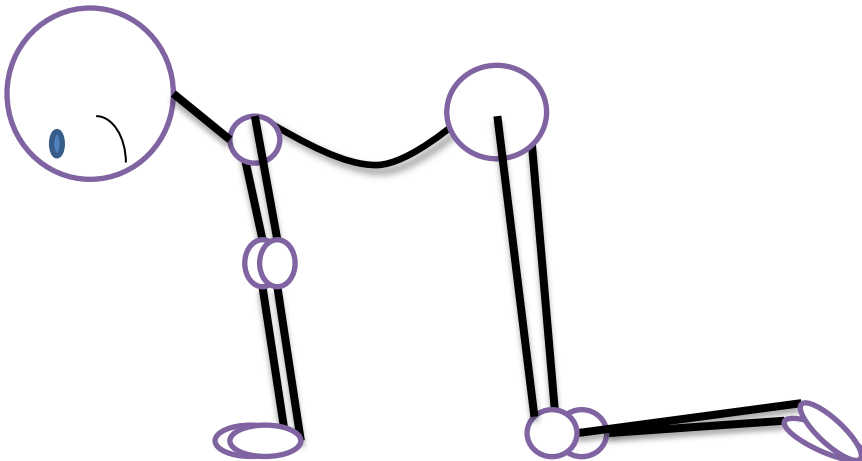
- ☆ Knees bent while elbows on ground
- ☆ Knees bent with heels off ground
- ☆ Sink heels into floor with palms on ground

Cat/Cow



How to:

- ☆ Shoulders over wrists
- ☆ Hips over knees
- ☆ Cat – round back to sky
- ☆ Cow – arch back and lift chin

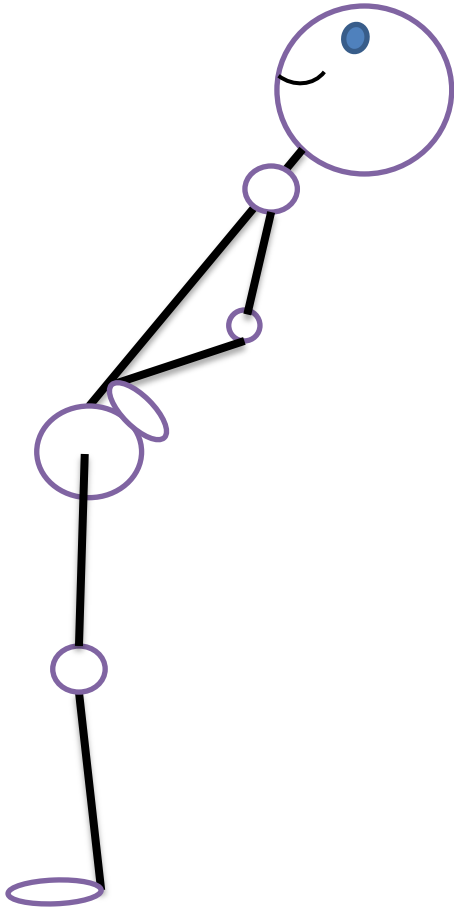


☆ Put fists on ground

☆ Lengthen spine while rounding or arching back

☆ Keep abdominals firm

Standing Back Bend

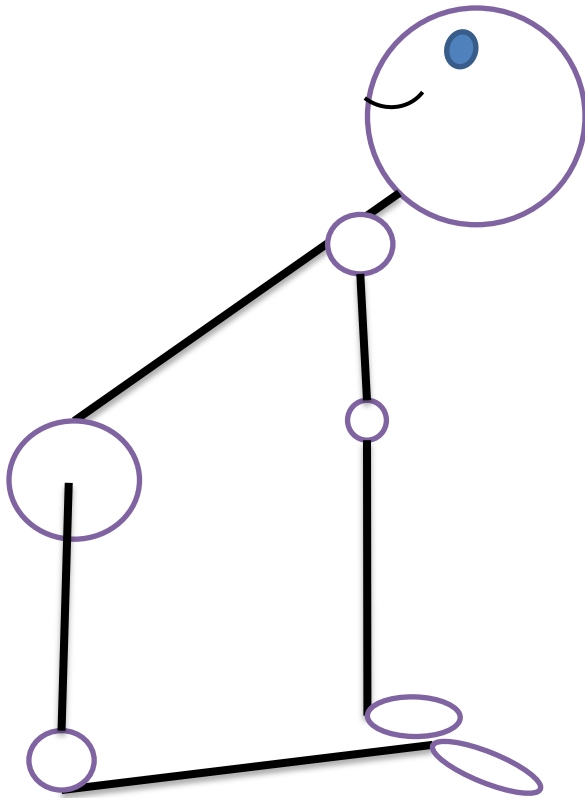


How to:

- ☆ Firm glutes
- ☆ Place fists on lower back
- ☆ Push hips forward
- ☆ Lift chest to sky

- ☆ Look forward while pushing hips forward
- ☆ Look forward and lift chest
- ☆ Look toward the sky while lifting chest

Camel



How to:

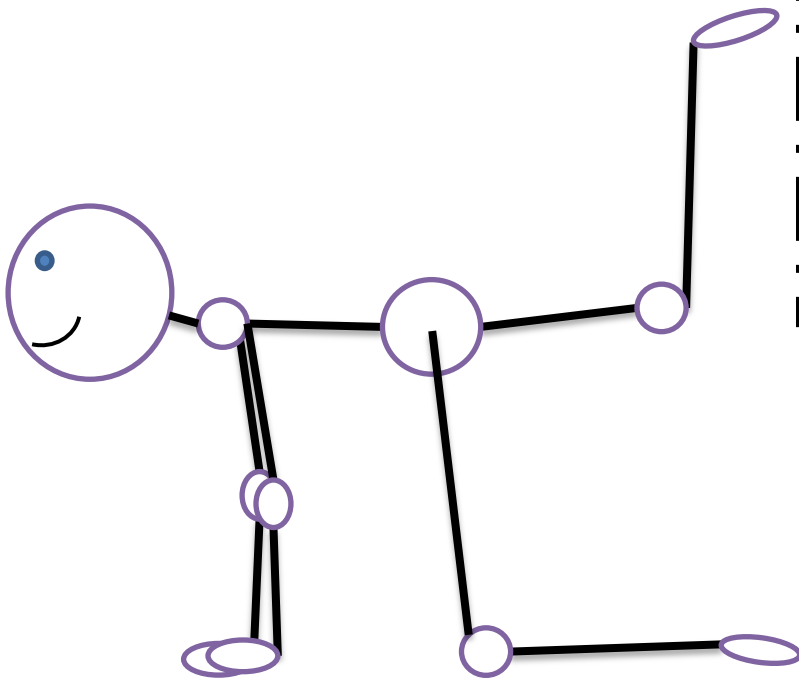
- ☆ Kneel on floor
- ☆ Firm glutes and push hips forward
- ☆ Lift chest to ceiling
- ☆ Drop arms and grab ankles

- ☆ Place hands on lower back
- ☆ Place hands on thighs
- ☆ Place hands on ankles

Sun Bird

How to:

- ☆ Get on hands and knees
- ☆ Contract your abs (i.e. pull abs to spine)
- ☆ Hands under shoulders
- ☆ Raise one leg towards the ceiling
- ☆ Foot is flexed



Raise non-support knee 6 inches off floor

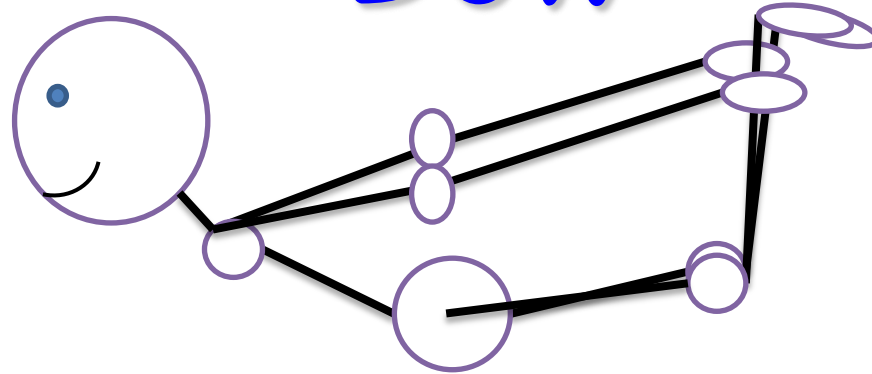


Raise non-support knee so even with thigh



Non-support leg is parallel to floor

Bow



How to:

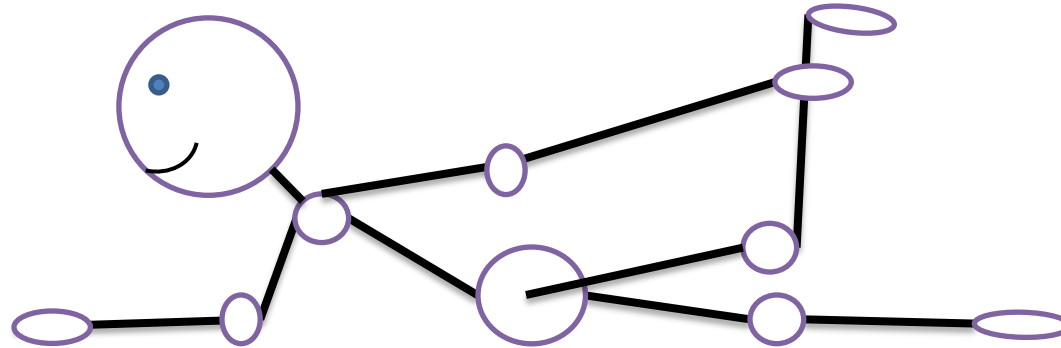
- ☆ Lie on your belly
- ☆ Grab your right ankle with right hand
- ☆ Grab your left ankle with left hand
- ☆ Lift your chest and push legs away from body while holding ankles

 Place hands on thighs

 Place hands on shins

 Place both hands on ankles

Half Bow



How to:

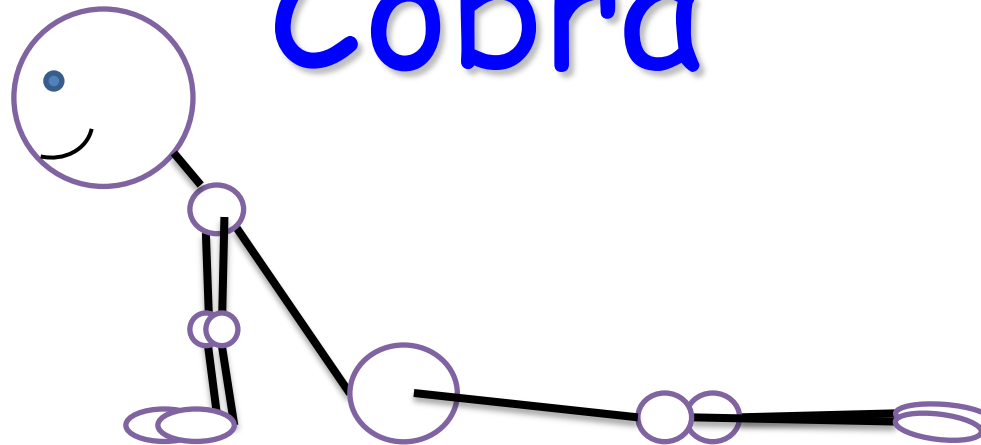
- ☆ Lie on your belly
- ☆ Grab your right ankle with right hand
- ☆ Switch and grab left ankle with left hand
- ☆ Lift your chest and push leg away from body while holding one ankle

 Place hand on thigh

 Place hand on shin

 Place hand on ankle

Cobra



How to:

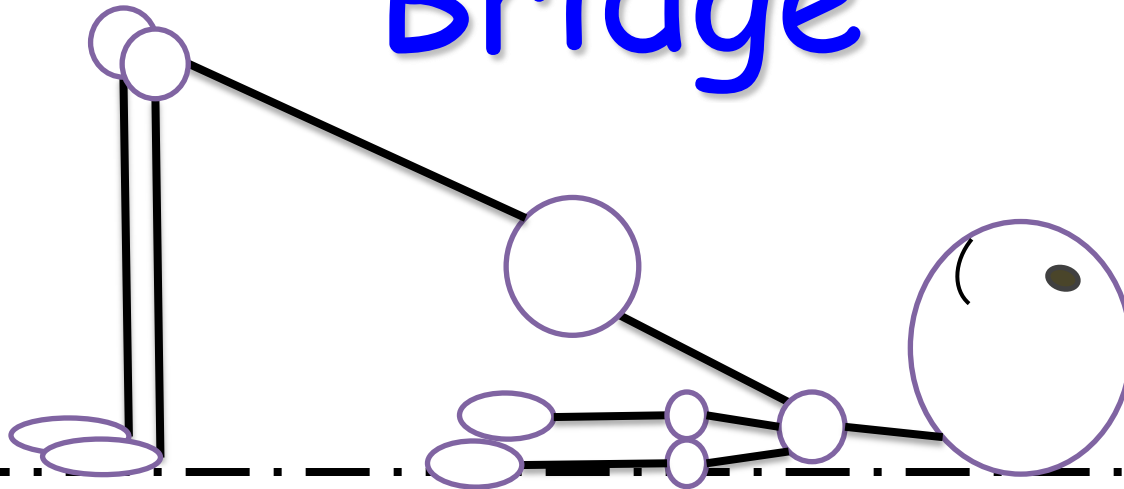
- ☆ Lie on your stomach
- ☆ Look straight towards the wall
- ☆ Rest hands on floor next to chest
- ☆ Lift off ground with arms and keep lower body on the floor

 Keep stomach on ground

 Keep arms bent

 Extend arms

Bridge

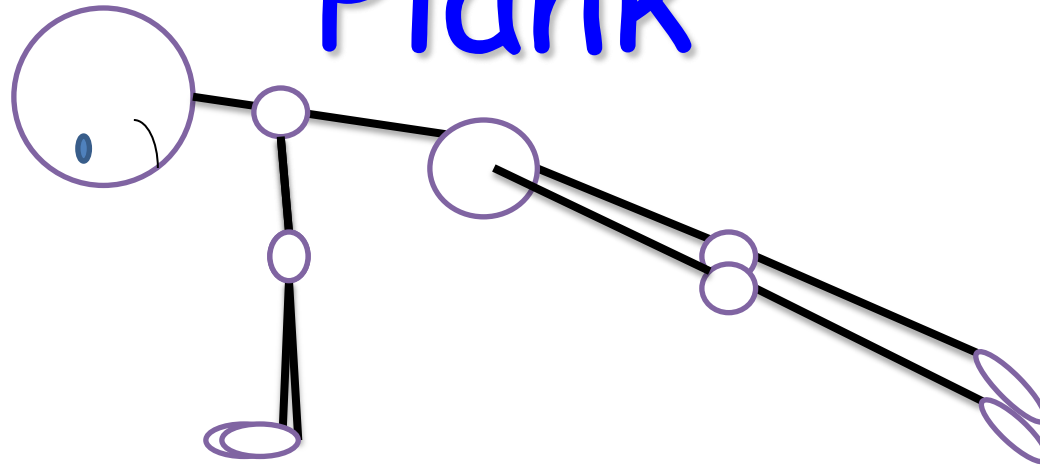


How to:

- ☆ Lie on your back with knees bent
- ☆ Press forearms down into floor
- ☆ Push your hips toward the ceiling
- ☆ Join your hands

- ☆ Keeps hands unconnected under hips
- ☆ Slowly lift hips off ground
- ☆ Join hands and arch back higher

Plank



How to:

- ☆ Lie on your stomach and raise onto your knees
- ☆ Shoulders are over wrists
- ☆ Back is straight and abs are firm



Knees on ground and rest on forearms

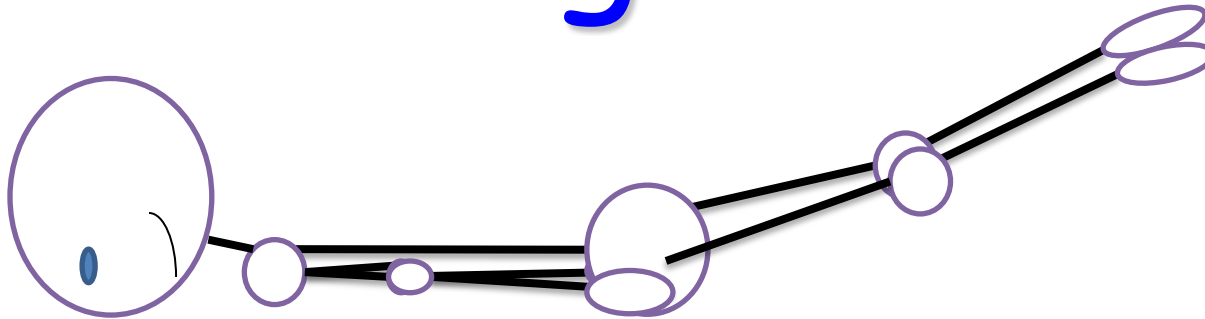


Knees on ground and arms straight with shoulders over wrists



Both legs are straight with shoulders over wrists

Logust



How to:

- ☆ Lie on your stomach with arms at sides
- ☆ Place forehead on floor
- ☆ Engage abs and glutes
- ☆ Lift one leg then the other off the ground



Fold your hands in front of your face and rest your forehead on your forearms
Keep one leg on the floor and one leg off the ground

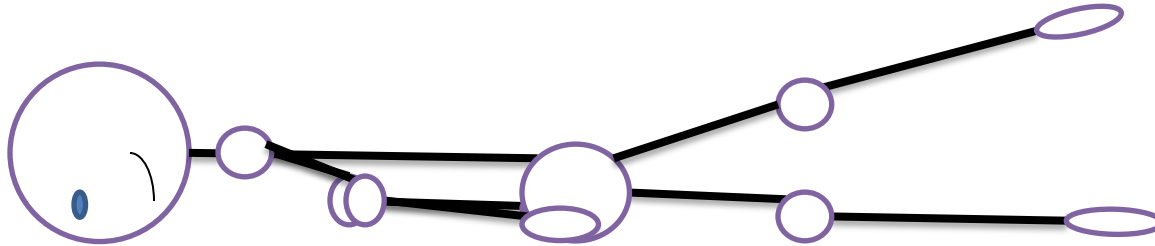


Keep one leg on the floor and one off the ground



Lift your lower body off the ground press hands into floor

Half Logust



How to:

- ☆ Lie on your stomach with arms at sides
- ☆ Forehead on the floor
- ☆ Engage abs and glutes
- ☆ Lift one leg off the ground



Fold arms under head and rest forehead on forearms

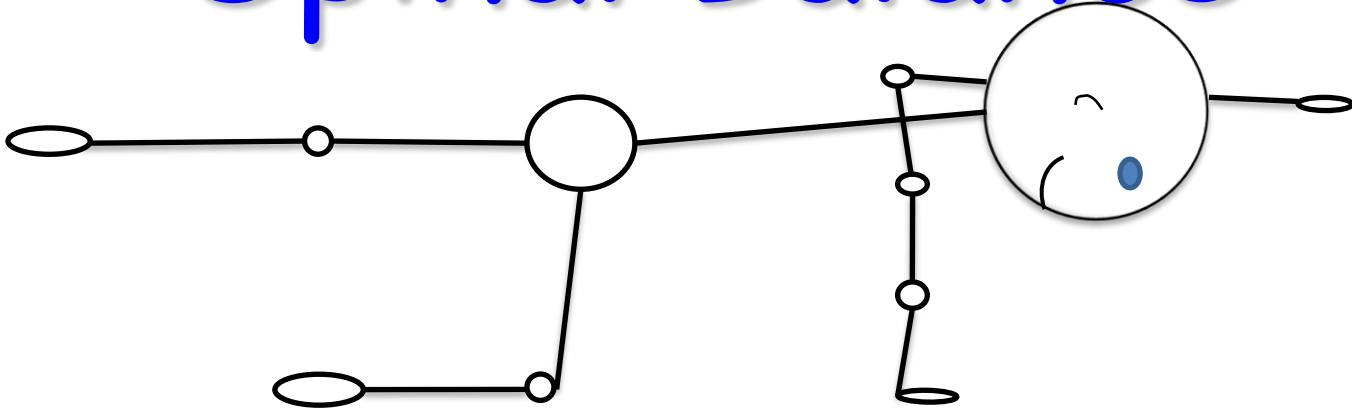


Lift one leg 2-4 inches off ground



Place arms beside body and lift one leg off the ground

Spinal Balance



How to:

- ☆ Shoulders are over wrists
- ☆ Hips are over knees
- ☆ Slowly extend left leg back while extending right arm forward
- ☆ Switch to right leg and left arm



Both arms stay under shoulders and extend one leg back

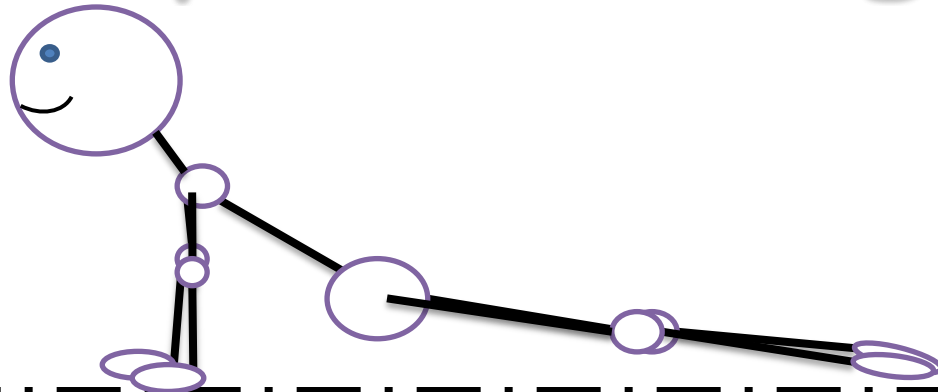


Extend one leg back (2-4 inches off floor) while extending one arm forward



Extend one leg back and one arm forward so they are even with hips

Upward Dog



How to:

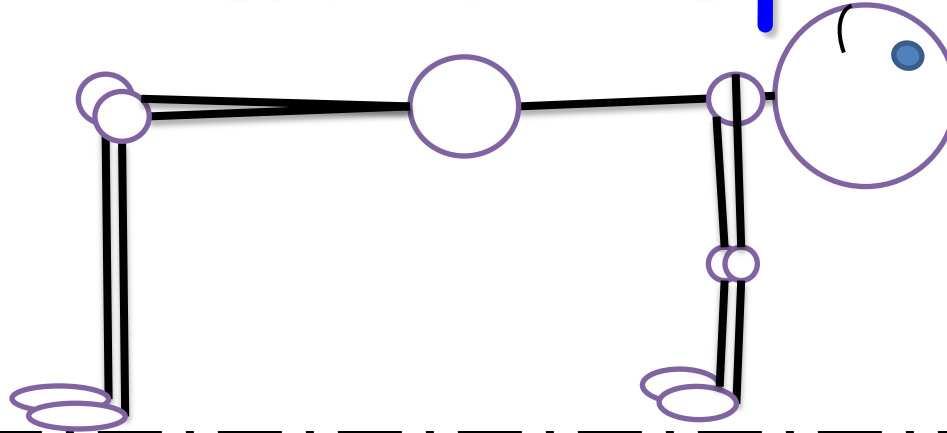
- ☆ Lie on your stomach
- ☆ Look straight towards the wall
- ☆ Shoulders are over wrist with arms straight
- ☆ Lift your hips and knees off the ground

 Keep knees and hips on the ground

 Keep hips on the ground

 Lift hips off the ground

Table Top

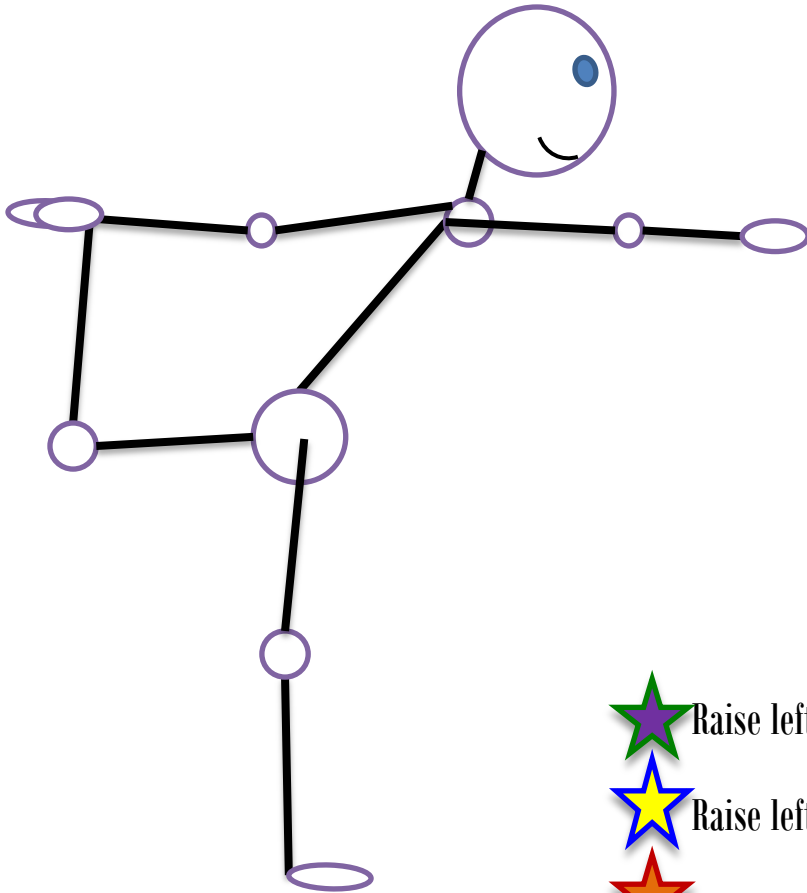


How to:

- ☆ Lie on your back
- ☆ Lift body off the ground
- ☆ Fingers point toward feet

- ☆ Keep both legs straight (your body will form a slant)
- ☆ Keep one leg straight and one leg at 90 degrees
- ☆ Lift body off the ground to form a table

Dancer



How to:

- ☆ Stand with feet shoulder width apart
- ☆ Balance on the right leg
- ☆ Lift the left leg off the ground
- ☆ Hold the left leg with the leg hand
- ☆ Extend the right hand forward for balance.



Raise left leg off the ground to knee level. Use wall or chair for support

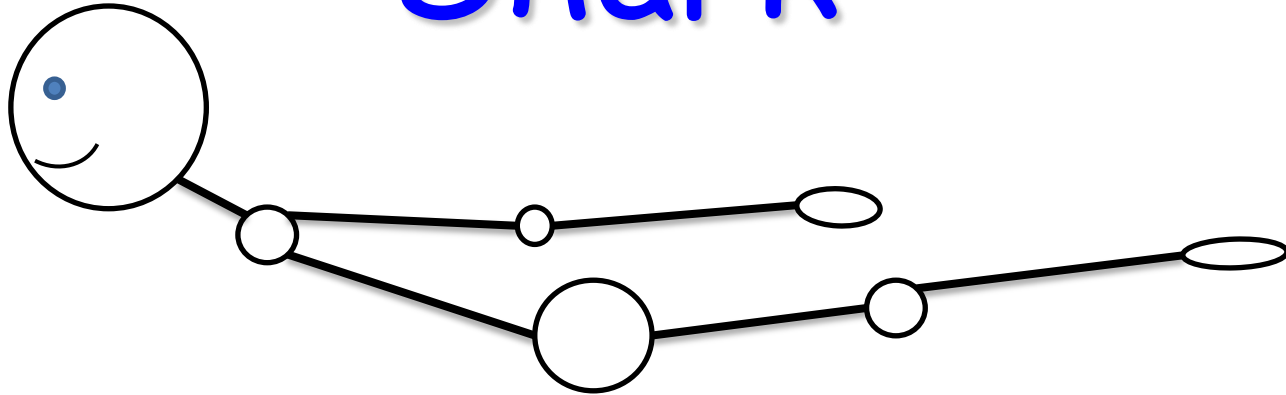


Raise left leg off the ground to knee or hip level



Hold left leg with left hand

Shark



How to:

- ☆ Lie on your stomach
- ☆ Look straight towards the wall
- ☆ Lift your legs off the ground and point toes towards the wall
- ☆ Form a V with your arms



Rest forearms on the ground and lift legs off the ground



Arms form a V and legs are on the ground

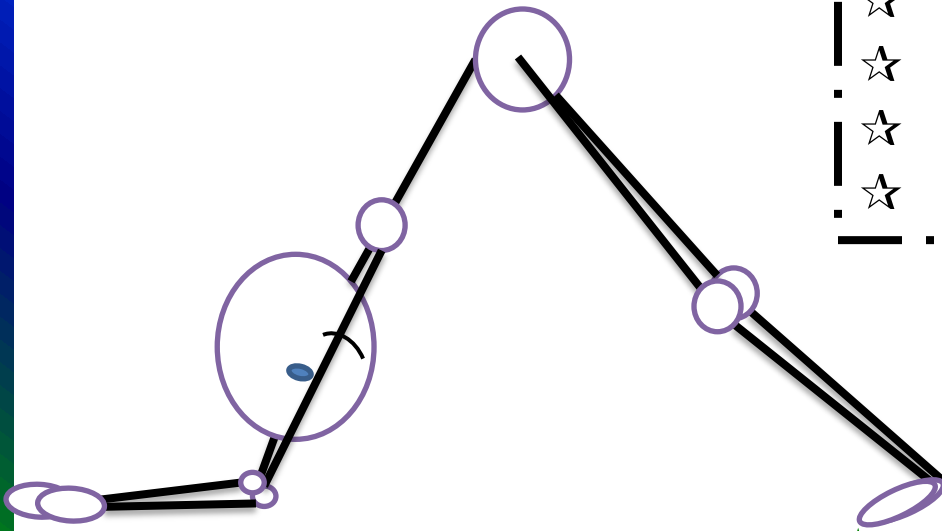


Lift both arms and legs off the ground

Dolphin

How to:

- ☆ Kneel on the ground
- ☆ Place forearms and feet on floor
- ☆ Raise off the ground
- ☆ Knees bent
- ☆ Sink heels into floor



- ★ Knees bent and with forearms on the ground
- ★ One knee bent, one leg straight with forearms on the ground
- ★ Both legs straight with forearms on the ground