

# 1



### Hurdle stepover

Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6" tall object. While maintaining a level pelvis, tap your opposite foot in front of and behind the object. You should feel this working the outside muscles of the hip you are standing on. Perform 3 x 20 repetitions.

# 2



### Wall airplane

Stand on one leg approximately 2-3 feet in front of a wall with toes pointed straight ahead and knee unlocked. Hinge at your hip as you lean your trunk forward and place your opposite foot lightly on the wall behind you. You should feel it in the gluteal and thigh muscles of the standing leg. Perform 3 x 45-60 second hold. Repeat on the other leg.

# 3



### Anterior cone touch (both hands)

Stand on one leg approximately 18" behind a cone with toes pointed straight ahead and knee unlocked. Hinge at your hip as you reach forward with both hands and lightly touch the cone. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 x 12-15 repetitions.

# 4



### Warrior I

Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your right foot to the right and your left foot to the right and lower your pelvis towards the floor as you attempt to make your right thigh parallel to the floor. Inhale your arms overhead as you press your palms together. Gaze towards your thumbs and take 5 deep breaths. Repeat to the left side.

# 5



### Warrior II

Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your right foot to the right and lower your pelvis to the floor by bending the right knee until your thigh is parallel to the floor. Keep pelvis facing forward. Press your feet apart as if you are trying to split the floor. Gaze over your right middle finger and take 5 deep breaths. Repeat to the left side.

# 6



### Triangle

Stand with your feet 3-4' apart, toes pointed straight ahead, and arms out to a "T". Keeping your belly facing forward, inhale and turn your right foot to the right. Exhale and bring your right hand towards the right big toe while the left hand points up towards the ceiling. Inhale and look up towards the ceiling. Take 5 deep breaths in this position and return to the upright position. Repeat to the left side.