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Horse Paw:

Stand tall on your right leg keeping your navel in throughout the exercise. You may lightly hold onto something to maintain your balance as you move your left leg in circles, similar to how a horse kicks up dirt behind them:

1. Bend left knee towards chest.
2. Straighten left knee, reaching heel forward.
3. Brush left leg straight back as if kicking dirt behind you.
4. Bend left knee and repeat.