

Lower Extremity Lift

1a. Lying on your back, interlace your hands behind your neck at the base of your skull. Straighten your legs toward the ceiling, while keeping your legs together. Try to make a 90-degree angle with your torso and legs. With your back flat against the mat, do a chin tuck (bringing your chin to chest) keeping your eyes fixed on your abdominals. Lift your shoulders off the mat; however, do not lift from your neck but support it with your arms and use abdominals. Maintain your navel to the spine throughout the exercise.

1b. As you inhale lower your straight legs toward the ground. Do not allow your back to arch off the ground by maintaining abdominal contraction. Bring legs back toward your chest as you exhale, trying to create a 90-degree angle at your hips. You should feel your chest press towards the floor as the legs return. Repeat _____

times
1a.

1b.



Crisscross

1a. Lying on your back, interlace your hands behind your lifted head and your knees bent into the chest. Extend your right leg out long in front of you and twist your upper body until your right elbow touches the left knee (as close as you are able). Inhale as you lift to twist. (Make sure you are lifting from below your shoulder). Look back to your left elbow to increase the length and hold the position as you exhale.

1b. Switch sides by exhaling and bringing your left elbow to your right knee while extending the opposite leg out in front of you. Hold the stretch as you exhale completely. (Imagine your center anchored to the mat so that your pelvis remain stable and do not rock from side to side.) Repeat _____ times

2a.

2b.



580 Market
 Street, Suite
 200 San
 Francisco, CA
 94104
 P: 415-788-
 2100
 F: 415-788-
 2102