

Warrior Pose



Description: Yoga (flexibility & balance). Use the Warrior Pose to work on your balance, flexibility and stability. Complete yoga exercises on both sides of the body.

Instructions

1. From a standing position, step back with your right foot- making sure you rotate your toes outward.
2. Bend your left knee and slightly lunge towards forward.
3. Extend both arms into a T position with one arm in front and one arm behind.
4. Hold the stretch for 30 seconds.
5. Repeat on the opposite side.

Tips & Modifications

- Keep arms at your hips to help with balance.
- For more of a challenge, try to raise your arms above your head.



Click here or scan the QR Code to the right to watch video instructions!

