1. **Hurdle stepove**
   Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6” object. While maintaining a level pelvis, tap your opposite 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 with toes pointed straight ahead and knee unlocked approximately 2-3 feet in front of a wall. 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 sets of 45-60 second hold. Repeat on the other leg.

3. **Anterior cone touch (both hands)**
   Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18” behind a cone. 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 sets x 12-15 repetitions.

4. **Warrior I**
   Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your R foot to the R and your L foot to the R 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.

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

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.