








LEG AND BUTTOCKS STRENGTHENER SEQUENCE

It is ideal to warm up with 2-5 sun salutation A's prior to performing this sequence.

Exercise	Description	Breaths	Notes
Mountain Pose Hands in Prayer Page 165 	Stand with hands in prayer, feet together.	Hold for one breath	
Warrior I Page 173 	Step the left leg back and turn the toe out to 11:00, with the right foot at 12:00, warrior I. Knee tracking over second toe and in line with the ankle. Reach the arms up, legs and buttocks firm. If you left knee bothers you, lift the heel, as shown in notes.	Exhale as you step back and inhale as you reach up. Hold for 5 breaths	Crescent Lunge Page 177 
Warrior II Page 175 	Keeping the same stance, open the hips and turn the left foot to 9:00 and bend the right knee more deeply, trying to get to a 90 degree angle, Warrior II.	Hold for 5 breaths	

LEG AND BUTTOCKS STRENGTHENER CONTINUED

Exercise	Description	Breaths	Notes
<p>Triangle Pose Page 178</p> 	<p>With the right leg still forward, straighten the right leg and press the left hip back. Reach the right arm forward into triangle and lean back, as if leaning against a wall.</p>	<p>Hold for 5 breaths</p>	
<p>Downward Dog Page 158</p> 	<p>Step back into downward dog.</p>	<p>Hold for 5 breaths</p>	
<p>Standing Forward Bend Page 166</p> 	<p>Step or jump forward and fold in half.</p>	<p>Hold for one breath</p>	
<p>Mountain Pose Hands in Prayer Page 165</p> 	<p>Inhale, bend your knees slightly and slower than you want, return to standing, hands in prayer. Repeat by stepping the right foot back.</p>	<p>Hold for one breath</p>	