

Exercise of the Month



Warrior Pose

Purpose: Improves focus, balance and stability while encouraging circulation and respiration as it energizes the entire body.

Target Muscles: Hamstrings, quadriceps, glutes, calves, feet and ankles.

Equipment: A mat (optional).

Movement:

- Begin in a standing position with arms at your sides facing the top of your mat. Step lightly back with your left foot until your feet are around 4 feet apart.
- Pivot your left foot outwards at a 45-degree angle.
- Align your front heel with the arch of your back foot, while keeping your pelvis turned toward the front of your mat.
- Press your weight through your left heel. Then, exhale as you bend your right knee above your right ankle. Your shin should be perpendicular to the floor.
- Reach your arms up strongly overhead, lift through your chest and tighten the core as your fingers are actively reaching.
- Gently tilt your head back and gaze up at your thumbs, keep your shoulders dropped away from your ears. Press down through your back foot and hold for one minute, remembering to breathe.

Benefits:

- Builds core power and facilitates the internal rotation of the leg while opening the chest.
- Teaches body awareness and increases the body-mind connection.



See it in action!
[Click here](#) to view in video format.