



Kneeling Quad Stretch

Kneeling on your mat extend one leg forward as far as you comfortably can. Shift your weight forward, placing your hands on your hips, give them a slight push forward as you gaze up. Hold for 10 seconds.

Shift your weight backward, grabbing the toes of the forward foot while stabilizing your knee with the opposite hand. Hold 10 seconds. Alternate legs.

Focus Points

- ✦ Keep your balance
- ✦ Keep your core muscles contracted