

Pose / Exercise

WARM-UP & MOBILITY

Seated Spine Circles

MAC + Reason

Draw your heart forward **to encourage spinal extension and open your chest.**

Circle your spine right and back **to mobilize your spine through multiple planes.**

Circle your spine left and forward **to complete the circular spinal movement.**

Lean your torso backward **to add controlled spinal flexion.**

Single-Leg Seated Circle

Pull your torso forward toward your extended leg **to lengthen your posterior leg and move your hip into flexion.**

Roll your spine toward your extended leg **to mobilize your lateral trunk.**

Lift your heart upward **to encourage thoracic extension.**

Knee Swishes

Rotate your knees side to side **to warm internal and external hip rotation.**

Sukhasana / Cross-Legged Seat

Ground your sit bones downward **to create a stable seated base.**

Lengthen your crown upward **to improve upright posture.**

Draw your shoulders downward **to reduce unnecessary neck tension.**

Lift your chest upward **to encourage thoracic extension.**

Sukhasana Twist

Ground your sit bones downward **to stabilize your pelvis.**

Lengthen your spine upward **to create space before rotating.**

Rotate your rib cage toward the side **to initiate your twist through your torso.**

Draw your opposite hip downward **to prevent your pelvis from following your twist.**

Sukhasana Side Bend

Ground your opposite sit bone downward **to anchor your pelvis.**

Reach your top arm up and over **to lengthen your lateral trunk.**

Lift your ribs upward **to create length before side bending.**

Seated Meditation

Ground your sit bones downward **to create a stable base.**

Lengthen your crown upward **to encourage upright posture.**

Draw your shoulders down and back **to reduce upper-body tension.**

Soften your ribs inward **to maintain a relaxed neutral trunk.**

Shoulder Flossing

Squeeze your shoulder blades toward your spine **to retract your scapulae and open your chest.**

Spread your shoulder blades away from your spine **to protract your scapulae and mobilize your upper back.**

Tabletop

Stack your shoulders over your wrists **to create a stable upper-body base.**

Stack your hips over your knees **to create a stable lower-body base.**

Pull your palms backward **to create isometric tension through your shoulders and core.**

Push your knees forward **to increase opposing core tension.**

Brace your core inward **to stabilize your trunk.**

Cow

Draw your gaze forward and up **to encourage spinal extension.**

Lift your skull upward **to lengthen your cervical spine.**

Lift your tailbone upward **to encourage anterior pelvic tilt and spinal extension.**

Cat

Round your tailbone under **to initiate posterior pelvic tilt.**

Draw your chin toward your chest **to continue spinal flexion through your neck.**

Dome your back upward **to engage your abdominals and flex your spine.**

Spread your shoulder blades outward **to activate scapular protraction.**

Bird Dog

Extend your leg backward **to activate your glute and posterior hip.**

Extend your opposite arm forward **to challenge contralateral core stability.**

Lift your leg to hip height **to engage your glute without overextending your low back.**

Draw your front ribs inward **to prevent rib flare.**

Stabilize your pelvis in center **to resist hip rotation.**

Reach your arm forward and your leg backward **to create length through your body.**

Pull your knee toward your opposite elbow **to recruit your abdominals and challenge cross-body stability.**

Round your upper back upward **to increase abdominal contraction during the crunch.**

Kneeling Side-Leg Extension

Press your leg out to the side **to activate your lateral hip.**

Draw your belly inward **to stabilize your torso.**

Reach your opposite arm upward **to lengthen your side body.**

Kneeling Side Bend

Bend your spine sideways **to create lateral spinal flexion.**

Reach your top arm up and over **to lengthen your lats and side body.**

Press your extended-leg hip downward **to deepen your inner-hip opening.**

Kneeling Hip Rock

Press your hips backward **to move your hip into flexion.**

Guide your glute toward your heel **to deepen hip flexion.**

Press your hips forward **to open your hip flexors.**

Drive your body upward through your glute and quad **to strengthen your hip and knee extensors.**

FOUNDATIONAL YOGA

Mountain / Samasthithi

Ground all four corners of your feet downward **to distribute your weight evenly.**

Power your quadriceps upward **to stabilize your knees.**

Squeeze your inner thighs toward one another **to stabilize your pelvis.**

Squeeze your glutes inward **to stabilize your pelvis.**

Draw your tailbone toward the earth **to organize your pelvis beneath your ribs.**

Draw your navel inward and up **to activate your deep core.**

Knit your ribs inward **to prevent rib flare.**

Lengthen your crown upward **to create axial spinal length.**

Guide your shoulders away from your ears **to reduce unnecessary neck tension.**

Standing Open Twist

Ground your feet downward **to stabilize your lower body.**

Reach one arm forward and your opposite arm backward **to create rotational opposition through your torso.**

Draw your hips in line with one another **to keep your pelvis facing forward.**

Rotate your rib cage toward your back arm **to create thoracic rotation.**

Baby Backbend

Press your hips slightly forward **to create space for hip extension.**

Lift your chest upward **to initiate extension through your upper spine.**

Squeeze your shoulder blades together and down **to open your chest and stabilize your shoulders.**

Draw your belly inward **to support your low back as you extend.**

Standing Inner-Hip Stretch

Step your foot out to the side **to position your inner thigh for stretching.**

Press your hips away from your extended leg **to lengthen your adductors.**

Reach your opposite arm up and over **to lengthen your side body.**

Hot Half Moon / Standing Side Bend

Squeeze your inner thighs toward one another **to stabilize your pelvis.**

Ground your opposite foot downward **to create a stable base.**

Reach your torso up and over **to lengthen your side body instead of collapsing.**

Forward Fold

Hinge your hips forward and down **to lengthen your posterior chain.**

Draw your tailbone upward **to increase hamstring length.**

Bend your knees as needed **to reduce low-back and hamstring strain.**

Draw your belly inward **to support your spine.**

Ragdoll

Release your torso downward **to lengthen your spine and posterior chain.**

Soften your knees forward **to reduce hamstring and low-back tension.**

Draw your tailbone upward **to increase posterior-leg length.**

Pull your abdominals in and up **to support your spine as you rise.**

Halfway Lift

Reach your chest forward **to create spinal length.**

Reach your glutes backward **to reinforce your hip hinge.**

Broaden your chest forward **to engage your upper back.**

Draw your chin slightly inward **to keep your neck aligned with your spine.**

Downward-Facing Dog

Press your palms downward **to stabilize your shoulders.**

Press through all ten fingers **to create a strong hand foundation.**

Spread your shoulder blades outward **to activate your serratus.**

Send your hips up and back **to lengthen your spine.**

Reach your heels downward **to lengthen your calves and posterior legs.**

Pull your belly toward your spine **to activate your core.**

Three-Legged Dog

Lift your leg backward and up **to activate your glute.**

Straighten your lifted knee backward **to activate your quadriceps.**

Engage your quadriceps upward **to stabilize your lifted leg.**

Square your hips toward the floor **to keep your pelvis organized.**

Press into your fingertips **to distribute your weight through your hands instead of dumping into your wrists.**

**Three-Legged Dog Knee Drive /
Windshield Wipers**

Pull your knee toward your nose **to recruit your abdominals and hip flexors.**

Round your upper back upward **to deepen your abdominal contraction.**

Drive your knee toward your same-side triceps **to recruit your obliques.**

Sweep your knee toward your opposite side **to challenge rotational core control.**

Draw your belly toward your spine **to stabilize your trunk throughout the sweep.**

Keep your hips in line with your heels and head **to maintain a strong plank-like body line.**

**Child's Pose / Extended Child's
Pose**

Press your hips backward toward your heels **to lengthen your low back.**

Reach your fingertips forward **to lengthen your lats and shoulders.**

Press all ten finger pads downward **to create an active hand foundation.**

Lift your elbows away from the floor **to engage your arms and shoulders.**

Draw your shoulders together and down your back **to organize your shoulder blades.**

Puppy Dog Pose

Press your hips backward over your knees **to keep your pelvis stacked while your chest lowers.**

Reach your fingertips forward **to lengthen your lats and shoulders.**

Melt your chest downward **to open your shoulders and upper back.**

Draw your belly inward **to support your low back.**

Chair

Send your hips back and down **to load your glutes and quads.**

Shift your weight toward your heels **to keep your posterior chain active.**

Press your knees outward **to activate your outer glutes and maintain knee alignment.**

Squeeze your thighs toward one another **to create inner-thigh stability.**

Draw your tailbone toward the earth **to maintain a neutral pelvis.**

Lift your chest upward **to maintain spinal length.**

Knit your ribs inward **to stabilize your trunk.**

Chair Pose Toe Taps to Floor

Send your hips back and down **to keep your glutes and quads loaded.**

Root your supporting foot downward **to create a steady single-leg base.**

Draw your ribs toward your hips **to stabilize your torso throughout the taps.**

Tap your opposite toes lightly to the floor **to challenge balance while maintaining chair depth.**

Resist your hips shifting side to side **to engage your standing glute and core.**

Draw your tapping foot back underneath you **to reset without rising out of chair.**

Alternate your toe taps with control **to train lower-body endurance and coordination.**

Chair Plane

Send your hips back and down **to keep your glutes and quads loaded.**

Reach your arms backward **to recruit your posterior shoulders and upper back.**

Turn your palms upward **to externally rotate your shoulders.**

Squeeze your pinkies toward one another **to activate your triceps and posterior shoulders.**

Lift your hands slightly upward **to increase posterior shoulder and triceps engagement.**

Draw your belly inward **to maintain trunk stability.**

Chair Open Twist

Pull your front ribs forward **to initiate rotation through your torso.**

Send your opposite ribs backward **to create rotational opposition.**

Press your knees toward one another **to stabilize your pelvis during your twist.**

Wide-Legged Forward Fold

Hinge your hips forward and down **to lengthen your hamstrings and adductors.**

Lift your glutes upward **to deepen your posterior-leg stretch.**

Relax your head downward **to reduce neck tension.**

Ground your fingertips downward **to create support and stability.**

Lateral Lunge / Dragon

Bend your working knee outward **to load your quad and glute.**

Send your hips toward your bent leg **to lengthen your opposite inner thigh.**

Ground your straight-leg foot downward **to stabilize your lower body.**

Dragon Variation

Lift your bent-leg heel upward **to increase ankle and hip mobility demands.**

Lift your opposite toes upward **to lengthen your hamstring.**

Press your hands downward **to stabilize your upper body.**

LUNGES & WARRIORS

Low Lunge

Ground your front foot downward **to stabilize your front leg.**

Reach your back leg backward **to lengthen your back hip flexors.**

Draw your front hip backward and your back hip forward **to square your pelvis.**

Lift your chest upward **to lengthen your spine.**

Runner's Lunge

Ground your front heel downward **to activate your front glute and hamstring.**

Lift your back heel upward **to keep your back leg active.**

Engage your back quadriceps upward **to stabilize your back knee.**

Press your front knee outward **to open and stabilize your hip.**

Draw your belly inward **to stabilize your trunk.**

Runner Lunge Step-In / Crunch-In

Root your standing heel downward **to create a stable base.**

Squeeze your standing glute inward **to stabilize your pelvis.**

Drive your back knee toward your chest **to activate your hip flexors.**

Pull your knee upward toward your ribs **to increase abdominal recruitment.**

Draw your ribs toward your hips **to create abdominal flexion.**

Reach your moving leg backward **to re-engage your glute as you return to lunge.**

Crescent / Double Lunge

Root your front heel downward **to activate your front glute and hamstring.**

Shift your weight into your front heel **to keep your posterior chain active.**

Lift your back heel upward **to keep your back leg active.**

Draw your front hip backward **to square your pelvis.**

Guide your back hip forward **to square your pelvis.**

Pull your front heel backward **to recruit your hamstring isometrically.**

Draw your belly upward **to activate your deep core.**

Knit your lower ribs inward **to prevent rib flare.**

Stack your shoulders over your hips **to lengthen your spine.**

Crescent + Airplane Arms

Reach your arms backward **to recruit your posterior shoulders and upper back.**

Lift your back knee upward **to activate your back quadriceps.**

Straighten your back leg backward **to create strength through your back leg.**

Lift your chest forward and up **to resist gravity through your posterior chain.**

Lunge + Rotator Cuff Lift

Lower your back knee toward the floor **to load your legs and glutes.**

Keep your elbows close to your sides **to isolate rotation at your shoulders.**

Rotate your forearms outward **to engage your rotator cuff and external shoulder rotators.**

Draw your belly inward **to stabilize your trunk while your arms move.**

Drive through your front heel **to recruit your front glute as you rise.**

Lunge + Chop Press

Lower your back knee downward **to load both legs.**

Draw your weight toward your body **to control the lowering phase.**

Press your weight upward **to recruit your shoulders and triceps as you rise.**

Drive your front heel downward **to activate your glute and power your body upward.**

Draw your ribs toward your hips **to prevent excessive low-back extension during the press.**

Revolved Crescent

Shift your torso forward **to position your trunk for rotation.**

Rotate your rib cage toward your front leg **to create thoracic rotation.**

Lengthen your spine forward **to prevent collapsing in your twist.**

Keep your pelvis forward **to isolate rotation through your torso.**

Warrior I

Ground your front heel downward **to activate your front glute and hamstring.**

Press your back foot downward **to stabilize your back leg.**

Draw your front hip backward **to square your pelvis.**

Draw your back hip forward **to square your pelvis.**

Press your front knee toward your second toe **to maintain knee tracking.**

Lift your chest upward **to lengthen your spine.**

Warrior II

Bend your front knee toward your second toe **to maintain knee tracking.**

Ground your front foot downward **to stabilize your front leg.**

Ground your back foot downward **to distribute your weight between both legs.**

Squeeze your inner thighs toward one another **to activate your adductors and stabilize your pelvis.**

Engage your triceps to straighten your arms **to keep your arms active.**

Pull your pinkies backward **to externally rotate your shoulders and open your chest.**

Reverse Warrior

Ground your front heel downward **to keep your front leg active.**

Press your front knee forward **to maintain load through your front thigh.**

Reach your front arm up and back **to lengthen your side body.**

Lift your ribs upward **to prevent collapsing into your side body.**

Warrior III

Root your standing foot downward **to create a stable balance base.**

Press your standing heel downward **to recruit your standing glute and hamstring.**

Press your standing knee slightly outward **to activate your outer glute and stabilize your hip.**

Soften your standing knee slightly **to improve balance and prevent locking your knee.**

Reach your lifted heel backward **to activate your lifted glute and lengthen your back leg.**

Flex your lifted foot backward **to keep your lifted leg active.**

Draw your lifted hip downward **to keep your pelvis level.**

Draw your standing hip backward **to square your pelvis toward the floor.**

Draw your lifted hip forward **to square your pelvis toward the floor.**

Reach your crown forward **to create a long head-to-heel line.**

Reach your arms forward **to lengthen your body and increase your balance challenge.**

Reach your arms backward **to recruit your posterior shoulders in an airplane variation.**

Draw your shoulder blades down your back **to stabilize your shoulders.**

Draw your belly inward and up **to stabilize your trunk.**

Knit your ribs inward **to prevent rib flare and maintain a neutral spine.**

Squeeze your standing glute inward **to stabilize your pelvis.**

Resist your torso rotating open **to challenge anti-rotation through your core.**

Warrior III Split Squats

Root your standing heel downward **to keep your front leg stable.**

Reach your lifted foot back to the floor **to transition from Warrior III into a split stance.**

Lower your back knee downward **to load your glutes and quads through the split squat.**

Track your front knee toward your second toe **to maintain knee alignment.**

Drive your front heel downward **to power your rise through the standing leg.**

Hinge your torso forward as your back foot floats upward to return **to Warrior III.**

Draw your lifted hip downward **to keep your pelvis as level as possible.**

Warrior III Abductions

Root your standing foot downward **to create a stable balance base.**

Reach your lifted heel backward **to establish a long Warrior III line.**

Draw your ribs toward your hips **to stabilize your trunk.**

Move your lifted leg slightly outward to the side **to activate your lateral hip abductors.**

Keep your pelvis mostly level **to limit compensatory rotation through your torso.**

Draw your lifted leg back toward your midline **to control the return through your outer glute.**

Keep your standing knee soft **to maintain active balance through your supporting leg.**

SL Chair to Warrior III

Root your standing foot downward **to establish your single-leg balance base.**

Send your hips back and down on your supporting leg **to load your glute and quad in single-leg chair pose.**

Hover your free foot above the floor **to maintain your single-leg challenge.**

Press your standing heel downward as you hinge forward **to move toward Warrior III.**

Reach your lifted heel backward and your crown forward **to create a long balance line.**

Draw your lifted hip downward **to keep your pelvis level.**

Bend your standing knee and draw your lifted knee forward to return **to single-leg chair with control.**

Extended Side Angle

Shift your torso forward over your front leg **to create length before side bending.**

Reach your top arm overhead **to lengthen your lats and side body.**

Rotate your top ribs upward **to prevent chest collapse.**

Rotate your top hip downward and forward **to organize your pelvis.**

Reverse Triangle

Straighten your front knee backward **to lengthen your hamstrings.**

Reach your front arm upward **to lengthen your side body.**

Lift your torso up and away from your front hip **to prevent hip compression.**

Star

Press your feet downward **to ground your lower body.**

Reach your arms upward and outward **to create upper-body expansion.**

Reach your legs downward and outward **to activate your lower body.**

Horse

Bend your knees toward your second toes **to maintain knee alignment.**

Press your feet away from one another **to activate your outer glutes.**

Press your knees outward **to recruit your glute medius.**

Horse Oblique Twist

Sit your hips lower **to keep your glutes and quads loaded.**

Draw your belly inward **to stabilize your trunk.**

Rotate your rib cage forward and back **to recruit your obliques.**

Keep your knees pressing outward **to maintain lower-body stability.**

Squeeze your glutes as you pulse **to maintain hip activation.**

BALANCE

Half Moon

Root your standing foot downward **to create your balance foundation.**

Press your standing knee outward **to recruit your glute medius.**

Reach your lifted heel backward **to activate your lifted leg.**

Stack your top hip upward **to open your pelvis.**

Stack your top shoulder upward **to open your chest.**

Lift your bottom waist upward **to prevent collapsing into your standing hip.**

Tree

Root your standing foot downward **to create stability.**

Press your lifted foot into your standing leg **to create isometric balance tension.**

Press your standing leg into your lifted foot **to create opposing stability.**

Press your standing knee outward **to engage your outer hip.**

Draw your belly inward and up **to stabilize your trunk.**

Lengthen your crown upward **to improve balance and posture.**

Eagle

Sit your hips back and down **to load your glutes and standing leg.**

Squeeze your thighs toward one another **to activate your adductors.**

Draw your elbows forward and up **to stretch your posterior shoulders.**

Pull your shoulder blades apart **to broaden your upper back.**

Diver / Drinking Bird

Root your standing heel downward **to activate your standing glute and hamstring.**

Send your hips backward **to load your posterior chain.**

Reach your lifted heel backward **to activate your lifted leg.**

Draw your lifted hip downward **to level your pelvis.**

Reach your chest forward **to lengthen your spine.**

Flamingo Reach

Root your standing foot downward **to create your balance base.**

Squeeze your standing glute inward **to stabilize your pelvis.**

Lift your opposite knee upward **to challenge single-leg balance.**

Reach your opposite arm forward **to challenge coordination and stability.**

HIP OPENERS

Garland / Malasana

Lower your hips downward **to move your hips into a deep squat.**

Press your knees outward **to open your hips and maintain knee tracking.**

Press your elbows outward into your knees **to encourage external hip rotation.**

Press your feet downward **to create a stable base.**

Lift your chest upward **to maintain spinal length.**

Pigeon

Draw your front knee forward **to position your front hip for external rotation.**

Reach your back leg backward **to lengthen your back hip flexors.**

Draw your front hip backward **to square your pelvis.**

Draw your back hip forward **to square your pelvis.**

Double Pigeon

Stack your shins over one another **to position both hips in external rotation.**

Flex your feet toward your shins **to maintain active ankle positioning.**

Press your sit bones downward **to ground your pelvis.**

Lift your chest upward **to lengthen your spine.**

Lizard

Step your front foot outside your hand **to create more space through your hip.**

Press your front foot downward **to stabilize your front leg.**

Reach your back heel backward **to keep your back leg active.**

Press your hips forward and down **to lengthen your back hip flexors.**

Press your front knee outward **to open your inner hip.**

Frog

Slide your knees outward **to open your inner thighs.**

Press your hips backward **to increase your adductor stretch.**

Press your forearms downward **to stabilize your upper body.**

Draw your belly inward **to support your spine.**

Deer Pose

Ground your sit bones downward **to stabilize your pelvis.**

Rotate your knees toward one side **to position your hips in opposite rotational patterns.**

Lift your chest upward **to maintain spinal length.**

PLANK & CORE

High Plank

Press your palms downward **to stabilize your upper body.**

Spread your shoulder blades outward **to activate your serratus.**

Press your shoulders away from the floor **to prevent shoulder collapse.**

Draw your ribs toward your hips **to engage your abdominals.**

Scoop your pelvis slightly under **to limit excessive low-back extension.**

Squeeze your glutes inward **to stabilize your pelvis.**

Drive your heels backward **to create total-body tension.**

Plank Hamstring Curl

Stack your shoulders over your wrists **to create a strong high-plank base.**

Press your palms downward **to stabilize your shoulders and upper back.**

Draw your ribs toward your hips **to brace your abdominals.**

Bend one knee and pull your heel toward your glute **to contract your hamstring.**

Keep your pelvis square toward the floor **to challenge anti-rotation through your core.**

Extend your working leg backward to return **to a long plank line with control.**

Alternate your leg curls while resisting hip rocking **to maintain full-body stability.**

Forearm Plank

Press your forearms downward **to stabilize your shoulders.**

Press your elbows toward your toes **to create isometric trunk tension.**

Spread your shoulder blades outward **to activate your serratus.**

Draw your ribs toward your hips **to engage your abdominals.**

Squeeze your glutes inward **to stabilize your pelvis.**

Drive your heels backward **to create total-body tension.**

Bear Plank + Flares

Stack your shoulders over your wrists **to create a strong upper-body base.**

Stack your hips over your knees **to position your lower body.**

Lift your knees approximately two inches upward **to activate your quads and core.**

Press your palms downward **to stabilize your shoulders.**

Spread your shoulder blades outward **to activate your serratus.**

Pull your belly inward and up **to stabilize your trunk.**

Press your toes downward **to create lower-body stability.**

Draw your inner thighs toward one another **to stabilize your pelvis.**

Reach your tailbone backward **to maintain a long neutral spine.**

Flare your knee outward **to activate your outer glute and challenge hip stability.**

Press your supporting toes downward **to stabilize your planted leg during the flare.**

Resist your hips rotating open **to keep the movement focused at your hip.**

Keep your shoulders square toward the floor **to challenge anti-rotation through your core.**

Draw your knee underneath your hip **to return to a stable bear plank.**

High Plank DB Drag

Widen your feet outward **to create a broader anti-rotation base.**

Press your planted palm downward **to stabilize your supporting shoulder.**

Pull your ribs toward your hips **to engage your core.**

Squeeze your glutes inward **to stabilize your pelvis.**

Drag your dumbbell across your body **to challenge your core under load.**

Resist your hips rotating side to side **to train anti-rotation.**

**Plank Knee-to-Nose →
Same-Side Elbow → Opposite
Elbow**

Stack your shoulders over your wrists **to create a stable upper-body base.**

Press your palms downward **to stabilize your shoulders.**

Spread your shoulder blades outward **to activate your serratus.**

Squeeze your glutes inward **to stabilize your pelvis.**

Pull your knee toward your nose **to contract your abs and hip flexors.**

Round your upper back upward **to increase abdominal contraction.**

Push the floor away **to create space between your shoulder blades.**

Glide your knee toward your same-side elbow **to recruit your same-side obliques.**

Cross your knee toward your opposite elbow **to recruit your rotational obliques.**

Resist your hips rotating side to side **to challenge core stability.**

Reach your heel backward **to return to plank.**

Plank Elevators

Stack your shoulders over your wrists **to begin from a stable high plank.**

Press your palms downward **to stabilize your shoulders.**

Pull your ribs toward your hips **to brace your core.**

Squeeze your glutes inward **to stabilize your pelvis.**

Lower one forearm downward **to transition toward a forearm plank with control.**

Lower your opposite forearm downward **to complete your descent without dropping your hips.**

Press one palm downward **to begin returning to a high plank.**

Press your opposite palm downward **to complete your return to high plank.**

Resist your hips rocking side to side **to train anti-rotation.**

Keep your shoulders and hips square toward the floor **to maintain trunk stability.**

Side Plank

Press your bottom hand downward **to stabilize your supporting shoulder.**

Reach your top arm upward **to open your chest.**

Lift your hips upward **to activate your obliques and lateral glutes.**

Lengthen your heels away from your crown **to create one long lateral line.**

Boat

Lift your heels upward **to increase your core challenge.**

Lift your heart upward **to prevent spinal rounding.**

Roll your shoulders back and down **to stabilize your shoulder girdle.**

Squeeze your inner thighs inward **to activate your adductors.**

Low Boat

Lower your torso backward **to increase the lever against your abdominals.**

Lower your legs forward and down **to increase core demand.**

Pull your ribs toward your hips **to engage your abdominals.**

Draw your belly inward **to activate your deep core.**

Boat Twist

Stabilize your pelvis forward **to create a stable rotation base.**

Rotate your rib cage side to side **to recruit your obliques through spinal rotation.**

Reclined Bound-Angle Crunch

Press your feet together **to maintain your bound-angle position.**

Release your knees outward **to keep your hips externally rotated.**

Lift your heart toward the ceiling **to activate your abdominals.**

Draw your belly toward your spine **to deepen core engagement.**

Lift your shoulder blades away from the floor **to increase abdominal flexion.**

Lower your torso downward with control **to train your abdominals eccentrically.**

Supine Tabletop Core Press + Leg Lift

Press your hand or elbow into your thigh **to create opposing tension through your deep core.**

Press your thigh back into your hand or elbow **to increase isometric abdominal engagement.**

Draw your belly inward **to stabilize your lumbar spine.**

Lift your opposite leg upward **to challenge your lower abdominals and hip flexors.**

Lower your leg with control **to maintain eccentric core tension.**

Supine Inner-Leg Lift

Extend your working leg outward **to position your adductors for work.**

Lift your leg upward **to activate your inner thigh.**

Lower your leg downward with control **to train your adductors eccentrically.**

Squeeze your abdominals in and up **to stabilize your pelvis.**

V-Ups

Reach your arms and legs long **to create a long starting lever.**

Lift your torso and legs toward one another **to recruit your abdominals and hip flexors.**

Reach your hands toward your feet or block **to increase trunk flexion.**

Draw your belly inward **to support your low back.**

Lower your body with control **to maintain eccentric abdominal tension.**

Forearm Weight Twists

Reach your arms forward **to create a longer core lever.**

Draw your belly inward **to stabilize your trunk.**

Rotate your rib cage right and left **to recruit your obliques.**

Keep your hips forward **to keep rotation focused through your torso.**

Standing Shoulder Taps

Root your feet downward **to create a stable standing base.**

Soften your knees slightly **to keep your lower body responsive.**

Stack your ribs over your pelvis **to maintain neutral alignment.**

Draw your belly inward and up **to stabilize your core.**

Reach your right hand toward your left shoulder **to challenge cross-body coordination.**

Reach your left hand toward your right shoulder **to challenge coordination on your opposite side.**

Resist your torso rotating side to side **to train anti-rotation.**

Lengthen your crown upward **to maintain tall posture.**

PUSH-UPS

Push-Up

Hug your elbows inward **to fire up your triceps.**
Press the floor away **to engage your chest, shoulders, and triceps.**
Draw your thumbs toward one another **to create isometric chest activation.**
Stack your elbows over your wrists at the bottom **to create strong joint alignment.**
Pull your ribs toward your hips **to engage your abs.**
Reach your heels backward **to create total-body tension.**

Wide Push-Up

Reach your elbows diagonally out and back **to increase chest demand.**
Draw your thumbs toward one another **to create isometric chest tension.**
Broaden your chest toward the floor **to create controlled chest loading.**
Press the floor away **to recruit your chest and triceps.**

Narrow Push-Up

Hug your elbows toward your ribs **to bias your triceps.**
Reach your elbows backward **to maintain a narrow pressing path.**
Press your palms downward **to activate your chest and triceps.**

Hand-Release Push-Up

Lower your chest toward the floor with control **to build eccentric chest and triceps strength.**
Hug your elbows diagonally backward **to recruit your triceps and organize your shoulders.**
Lift your hands upward off the floor **to remove momentum between repetitions.**
Draw your shoulder blades toward your spine **to activate your upper back.**
Drive the floor away **to power your body back to plank.**

Chaturanga

Hug your elbows inward **to recruit your triceps and stabilize your shoulders.**
Lower your body downward with control **to build eccentric upper-body strength.**

LOWER-BODY STRENGTH

Squat

Send your hips backward **to load your glutes and hamstrings.**

Reach your tailbone backward **to reinforce your hip hinge.**

Press your heels downward as you stand **to fire up your glutes and posterior chain.**

Drive the floor away **to activate your glutes and quads.**

Press your feet away from one another **to activate your outer glutes.**

Press your knees outward **to recruit your glute medius and maintain knee alignment.**

Lift your chest upward **to lengthen your spine.**

Squeeze your glutes inward **to strengthen your posterior chain.**

Press your hips forward at the top **to complete hip extension.**

Popcorn Squat

Keep your feet close together **to create the narrow squat stance used in the class.**

Send your hips back and down **to load your glutes and quads.**

Draw your belly inward **to stabilize your trunk.**

Keep your back long **to maintain your hinge and neutral spine.**

Drive through all four corners of both feet **to distribute force evenly as you rise.**

Squeeze your glutes at the top **to complete hip extension.**

Pulse your hips up and down a few inches **to maintain constant lower-body tension.**

Staggered Squat

Root your front heel downward **to load your front glute and hamstring.**

Press your back toes downward **to provide balance.**

Send your hips backward **to load your posterior chain.**

Shift your weight toward your front heel **to bias your front leg.**

Pull your front heel backward **to recruit your hamstring isometrically.**

Press your front knee outward **to activate your glute medius.**

Drive your front foot downward **to power your return to standing.**

Sumo Squat

Step your feet outward **to create a wide base.**

Turn your toes outward **to position your hips for external rotation.**

Lower your hips straight down **to load your quads, glutes, and inner thighs.**

Press your knees outward toward your toes **to maintain knee alignment and recruit your outer glutes.**

Press your feet away from one another **to activate your glute medius.**

Ground your heels downward **to maintain lower-body stability.**

Lift your chest upward **to maintain a long spine.**

Drive the floor away **to recruit your quads and glutes as you stand.**

Squeeze your glutes inward at the top **to complete hip extension.**

Sumo Walks

Sit your hips low and back **to keep your glutes and quads loaded.**

Press your knees outward **to maintain external hip rotation and knee tracking.**

Step one foot sideways **to move laterally while keeping tension in your legs.**

Draw your opposite foot inward **to continue the walk without standing up.**

Keep your hips low **to maintain constant lower-body tension.**

Draw your belly inward **to stabilize your trunk as you travel.**

Sumo Squat + Row

Sit your hips down and back **to load your glutes, quads, and inner thighs.**

Press your knees outward **to maintain lower-body alignment.**

Drive your heels downward **to stabilize your lower body.**

Pull your elbows upward and back **to recruit your upper back and shoulders.**

Squeeze your shoulder blades toward your spine **to strengthen your mid-back.**

Keep your elbows around shoulder height **to maintain the rowing pattern taught in class.**

Split Squat

Root your front heel downward **to activate your front glute and hamstring.**

Press your back toes downward **to stabilize your back leg.**

Lift your back heel upward **to keep your back leg active.**

Lower your back knee straight downward **to load both legs while maintaining your stance.**

Press your front knee toward your second toe **to maintain knee alignment.**

Draw your front hip backward **to square your pelvis.**

Draw your back hip forward **to square your pelvis.**

Pull your front heel backward **to recruit your hamstring isometrically.**

Draw your inner thighs toward one another **to stabilize your pelvis.**

Stack your shoulders over your hips **to maintain a long spine.**

Drive your front heel downward **to power your body upward through your glute and hamstring.**

Reverse Lunge

Reach your stepping foot backward **to create your split stance.**

Root your front heel downward **to load your front glute and hamstring.**

Lower your back knee downward **to load your lower body.**

Press your front knee toward your second toe **to maintain knee alignment.**

Drive your front heel downward **to power your return to standing.**

Reverse Lunge to Balance Twist

Step one foot backward **to create your reverse-lunge stance.**

Lower your back knee downward **to load your glutes and quads.**

Drive your front heel downward **to power your return to standing.**

Lift your back knee toward hip height **to challenge single-leg balance and recruit your hip flexors.**

Rotate your rib cage toward your lifted knee **to recruit your obliques.**

Keep your standing foot grounded and your planted knee tracking forward **to avoid twisting through your knee.**

Reach your lifted leg backward **to reset the reverse lunge with control.**

Side Lunge

Step your foot outward **to create a lateral base.**

Send your hips back toward your bent leg **to load your glute and hamstring.**

Straighten your opposite leg outward **to lengthen your inner thigh.**

Press your working heel downward **to recruit your glute and hamstring.**

Press through your working foot **to power your return to center.**

Curtsy Lunge

Step your back leg diagonally behind your front leg **to position your hips for the curtsy pattern.**

Root your front heel downward **to load your front glute and hamstring.**

Lower your hips downward **to load your glutes and quads.**

Keep your hips level **to stabilize your pelvis.**

Press your front knee outward **to recruit your glute medius and maintain knee alignment.**

Drive your front heel downward **to power your return to standing.**

RDL / Romanian Deadlift

Send your hips backward **to load your hamstrings and glutes.**

Reach your tailbone backward **to deepen your hip hinge without turning the movement into a squat.**

Soften your knees slightly **to allow your hips to travel backward while maintaining hamstring tension.**

Drag your weights down your thighs **to keep the load close to your body.**

Reach your chest forward **to maintain a long neutral spine.**

Draw your ribs toward your hips **to brace your core.**

Press your heels downward **to recruit your posterior chain as you rise.**

Drive your hips forward **to return your body to standing.**

Squeeze your glutes inward at the top **to complete hip extension.**

Deadlift

Send your hips back and down **to load your glutes, hamstrings, and legs.**

Press your feet downward **to create a strong base.**

Press your feet away from one another **to activate your outer hips and stabilize your knees.**

Reach your chest forward and up **to maintain a long spine.**

Draw your shoulder blades down your back **to stabilize your upper body.**

Pull your ribs toward your hips **to brace your trunk.**

Drive the floor away **to recruit your quads and glutes as you stand.**

Press your hips forward **to complete hip extension.**

Squeeze your glutes inward at the top **to finish the movement through your posterior chain.**

Sumo Deadlift

Step your feet outward **to create a wide pulling stance.**

Turn your toes outward **to position your hips for external rotation.**

Send your hips backward **to load your glutes, hamstrings, and inner thighs.**

Press your knees outward toward your toes **to maintain lower-body alignment.**

Press your feet away from one another **to activate your outer glutes.**

Drag your weights downward between your legs **to keep the load centered beneath your body.**

Reach your chest forward **to maintain a long neutral spine.**

Draw your ribs toward your hips **to brace your core.**

Drive your heels downward **to recruit your glutes and legs as you rise.**

Drive the floor away **to power your body to standing.**

Squeeze your glutes inward at the top **to complete hip extension.**

Bridge / Weighted Hip Lift

Ground your heels downward **to activate your hamstrings and glutes.**

Pull your heels backward toward your hips **to create isometric hamstring engagement.**

Press your feet downward **to generate force to lift your pelvis.**

Lift your hips upward **to activate your glutes.**

Squeeze your glutes inward **to strengthen your posterior chain.**

Press your knees forward **to maintain hip extension.**

Press your knees away from one another **to recruit your glute medius.**

Draw your ribs toward your hips **to limit excessive lumbar extension.**

Hold your weights at your hip creases **to add external resistance to your hip extension.**

Drive through your heels **to power your weighted hip lift.**

Pulse your hips upward **to maintain constant glute tension.**

Single-Leg Hip Lift

Ground your supporting heel downward **to activate your supporting glute and hamstring.**

Reach your opposite leg upward **to create a single-leg loading challenge.**

Press your hands downward **to stabilize your upper body.**

Lift your hips upward **to recruit your supporting glute.**

Squeeze your glute at the top **to increase hip-extension contraction.**

Keep your hips level **to prevent pelvic rotation.**

Lower your hips with control **to maintain eccentric posterior-chain tension.**

CARDIO

Burpee

Send your hips back and down **to load your squat before transitioning to the floor.**

Plant your palms downward **to create your upper-body base.**

Jump your feet backward **to move into plank.**

Draw your ribs toward your hips **to stabilize your trunk in plank.**

Jump your feet forward **to return toward your squat.**

Drive your feet downward **to power your return to standing.**

Reach your arms upward **to complete full-body extension.**

Jump Rope

Stay light through the balls of your feet **to reduce impact and maintain quick rhythm.**

Keep your knees softly bent **to absorb your landing forces.**

Rotate your wrists outward **to mimic the rope-turning action.**

Draw your belly inward **to stabilize your trunk while you bounce.**

Jumping Jacks

Jump your feet outward **to abduct your hips and raise your heart rate.**

Reach your arms overhead **to increase total-body movement.**

Jump your feet inward **to return to your starting position.**

Stay light through your feet **to absorb impact efficiently.**

High Knees

Drive your knee upward **to recruit your hip flexors and core.**

Pump your opposite arm forward **to coordinate your upper and lower body.**

Draw your belly inward **to stabilize your trunk.**

Stay light through your feet **to maintain quick turnover.**

Ice Skaters

Push through your outside foot **to generate lateral power.**

Leap your body sideways **to challenge your glutes and lateral stability.**

Reach your trailing leg behind your standing leg **to create a curtsy-style landing.**

Send your hips backward and down **to absorb your landing through your glutes.**

Keep your chest lifted **to maintain trunk control.**

Side Heismans

Push your outside foot downward **to propel your body into a lateral skip.**

Drive your opposite knee upward **to recruit your hip flexors and create the Heisman shape.**

Pull your opposite elbow toward your lifted knee **to recruit your obliques and coordinate your arms and legs.**

Land softly through a slightly bent knee **to absorb impact.**

Shift your weight sideways **to change direction and challenge lateral agility.**

Draw your belly inward **to stabilize your trunk during each change of direction.**

Alternate sides with quick, controlled footwork **to maintain cardiovascular intensity.**

BICEPS, TRICEPS & BACK

Biceps Curl

Pin your elbows into your sides **to isolate your biceps.**

Pull your weights toward your shoulders **to contract your biceps.**

Resist your weights downward **to keep your biceps working eccentrically.**

Turn your palms upward **to increase biceps recruitment.**

Pull your pinkies toward your shoulders **to reinforce forearm supination.**

Wide-Arm Biceps Curl

Turn your palms upward **to recruit your biceps.**

Turn your thumbs backward **to externally rotate your shoulders.**

Reach your elbows outward **to maintain your wide-arm position.**

Pull your weights toward your shoulders **to contract your biceps.**

Narrow Biceps Curl

Pin your elbows into your sides **to isolate your biceps.**

Turn your palms forward **to position your forearms for biceps recruitment.**

Pull your weights upward **to contract your biceps.**

Resist your weights downward **to train your biceps eccentrically.**

Hammer Curl

Turn your palms toward one another **to recruit your biceps and brachialis.**

Pin your elbows into your sides **to stabilize your upper arms.**

Pull your thumbs toward your shoulders **to flex your elbows.**

Resist your weights downward **to maintain eccentric arm tension.**

Serve the Platter

Pin your elbows into your sides **to stabilize your upper arms.**

Bend your elbows to approximately 90 degrees **to create your starting platter position.**

Turn your palms upward **to supinate your forearms and engage your biceps.**

Draw your shoulders down your back **to keep tension out of your neck.**

Reach your weights forward **to challenge your biceps isometrically and recruit your front shoulders.**

Keep your palms facing upward **to maintain forearm supination.**

Draw your ribs toward your hips **to prevent low-back arching.**

Pull your elbows back toward your ribs **to return your arms with control.**

Bent-Over Triceps Kickback

Send your hips backward **to create your hip hinge.**

Reach your chest forward **to lengthen your spine.**

Pull your elbows upward toward your ribs **to position your arms for triceps isolation.**

Pin your elbows inward **to keep your upper arms stationary.**

Straighten your forearms backward **to recruit your triceps.**

Reach your knuckles backward **to reinforce full elbow extension.**

Resist your weights forward **to train your triceps eccentrically.**

Triceps Extension + Hip Lift

Stack your elbows over your shoulders **to stabilize your upper arms.**

Bend your elbows to lower your weights **to lengthen your triceps under control.**

Straighten your elbows upward **to contract your triceps.**

Drive through your heels **to lift your hips and engage your glutes.**

Squeeze your inner thighs toward one another **to stabilize your pelvis.**

Draw your belly inward **to brace your core as your arms and hips move together.**

Bent-Over Row

Send your hips backward **to create your hip hinge.**

Reach your chest forward **to maintain a long spine.**

Pull your elbows backward toward your hips **to recruit your lats.**

Pull your weights upward toward your ribs **to strengthen your mid-back.**

Squeeze your shoulder blades toward your spine **to activate your rhomboids and middle traps.**

Resist your weights downward **to maintain eccentric back tension.**

One-Arm Row

Stabilize your supporting side **to create a strong base for your row.**

Draw your belly inward **to prevent your torso from collapsing into your thigh.**

Pull your elbow backward toward your ribs **to recruit your lat and mid-back.**

Squeeze your shoulder blade toward your spine **to increase upper-back engagement.**

Hold briefly at the top **to reinforce the end-range contraction.**

Lower your weight with control **to maintain eccentric back tension.**

Bent-Over Face Pull

Send your hips backward **to create your hip hinge.**

Pull your elbows outward and back **to recruit your rear delts and upper back.**

Pull your weights toward your temples **to target your posterior shoulders.**

Rotate your knuckles backward **to encourage external shoulder rotation.**

Squeeze your shoulder blades toward your spine **to activate your upper back.**

Seal Row

Press your chest into your support **to stabilize your torso and isolate your back muscles.**

Lengthen your neck forward **to maintain a neutral cervical spine.**

Pull your elbows backward **to recruit your lats and mid-back.**

Pull your weights upward toward your ribs **to strengthen your back.**

Squeeze your shoulder blades toward your spine **to activate your rhomboids and middle traps.**

Keep your shoulders away from your ears **to reduce unnecessary shrugging.**

Resist your weights downward **to maintain eccentric back tension.**

Back Fly / Reverse Fly

Send your hips backward **to create your hip hinge.**

Bring your weights near knee height **to establish your starting position.**

Open your arms outward **to recruit your rear delts.**

Squeeze your shoulder blades toward your spine **to activate your rhomboids and middle traps.**

Imagine squeezing a pencil between your shoulder blades **to reinforce scapular retraction.**

Reach your thumbs toward one another as you return **to control your weights back to center.**

Resist your arms inward **to maintain eccentric posterior-shoulder tension.**

Y-Raises

Reach your arms forward and outward into a Y **to target your lower traps and posterior shoulder stabilizers.**

Turn your thumbs upward **to encourage external shoulder rotation.**

Draw your shoulder blades down your back **to recruit your lower trapezius and reduce shrugging.**

Lift your arms upward with control **to strengthen your upper-back and shoulder stabilizers.**

Keep your shoulders away from your ears **to limit unnecessary upper-trap dominance.**

Reach your fingertips away from your body **to maintain active length through your arms.**

Draw your ribs toward your hips **to stabilize your trunk.**

Resist your arms downward **to maintain eccentric tension through your upper back.**

Lat Pulls

Reach your arms overhead **to lengthen your lats and create your starting position.**

Draw your shoulder blades down your back **to stabilize your shoulders and prepare your lats to pull.**

Pull your elbows downward toward your ribs **to recruit your latissimus dorsi.**

Drive your elbows toward your back pockets **to increase lat engagement.**

Squeeze your shoulder blades slightly toward your spine **to recruit your mid-back as your elbows descend.**

Lift your chest upward **to maintain a long spine while you pull.**

Draw your ribs toward your hips **to stabilize your core and prevent low-back arching.**

Keep your shoulders away from your ears **to reduce unnecessary upper-trap tension.**

Reach your arms upward with control **to lengthen your lats and maintain eccentric tension on the return.**

Shrugs

Lengthen your spine upward **to create a stable starting position.**

Draw your ribs toward your hips **to stabilize your trunk.**

Lift your shoulders straight upward toward your ears **to contract your upper trapezius.**

Keep your arms long by your sides **to focus the movement at your shoulder blades.**

Hold your shoulders upward briefly **to increase upper-trap contraction.**

Lower your shoulders straight downward with control **to train your upper traps eccentrically.**

Keep your shoulders from rolling forward or backward **to keep the movement focused on elevation and depression.**

CHEST & SHOULDERS

Shoulder Press

Stack your wrists over your elbows **to create efficient pressing alignment.**

Press your weights upward **to activate your shoulders and triceps.**

Reach your knuckles toward the ceiling **to reinforce upward force.**

Draw your ribs downward **to prevent excessive low-back arching.**

Squeeze your glutes inward **to stabilize your pelvis.**

Resist your weights downward **to train your shoulders eccentrically.**

Trap Press

Stack your ribs over your pelvis **to create a stable pressing base.**

Draw your belly inward and up **to stabilize your trunk.**

Lift your elbows outward toward shoulder height **to position your arms for the press.**

Draw your shoulder blades down your back **to organize your shoulders before pressing.**

Press your weights upward and slightly outward **to recruit your shoulders and upwardly rotate your shoulder blades.**

Reach your knuckles upward **to create length through your arms.**

Resist your weights downward **to maintain eccentric tension through your shoulders and upper back.**

Draw your elbows downward toward shoulder height **to return with control.**

Robot-Arms Lateral Raise

Bend your elbows to approximately 90 degrees **to create your robot-arm position.**

Draw your belly inward **to stabilize your trunk.**

Lift your elbows outward toward shoulder height **to recruit your lateral deltoids.**

Keep a micro-bend through your elbows **to reduce unnecessary joint stress.**

Resist your elbows downward **to maintain eccentric shoulder tension.**

Arm Circles

Reach your arms outward at shoulder height **to create a long shoulder lever.**

Soften your elbows slightly **to reduce unnecessary joint tension.**

Circle your arms forward **to mobilize and endurance-train your shoulders.**

Circle your arms backward **to challenge your shoulders through the opposite direction.**

Draw your ribs inward **to keep the movement out of your low back.**

Chest Press

Stack your wrists over your elbows **to create efficient pressing alignment.**

Press your weights upward **to recruit your chest, shoulders, and triceps.**

Draw your weights toward one another **to create isometric chest tension.**

Keep your weights over your chest rather than your face **to maintain a strong pressing line.**

Press your middle back downward **to stabilize your torso.**

Lower your elbows downward with control **to train your chest eccentrically.**

Chest Press + Hip Lift

Press your weights upward over your chest **to recruit your chest, shoulders, and triceps.**

Drive your heels downward **to recruit your glutes and hamstrings.**

Lift your hips upward as your weights press **to coordinate upper- and lower-body extension.**

Draw your ribs inward **to prevent excessive low-back extension.**

Squeeze your glutes at the top **to strengthen your posterior chain.**

Lower your weights and hips with control **to maintain eccentric tension.**

Hammer Press

Turn your palms toward one another **to create a neutral-grip shoulder position.**

Stack your wrists over your elbows **to maintain joint alignment.**

Press your weights upward **to recruit your chest, shoulders, and triceps.**

Draw your elbows inward **to maintain your neutral pressing path.**

Chest Fly / Pec Fly

Reach your arms outward **to lengthen your chest under load.**

Maintain a micro-bend through your elbows **to protect your elbow joints and control your lever.**

Lower your arms outward with control **to create eccentric chest tension.**

Squeeze your arms toward one another **to recruit your pectorals.**

Draw your weights together over your chest **to complete horizontal shoulder adduction.**

Resist gravity on the way down **to increase eccentric chest engagement.**

BACKBENDS & BRIDGE

Cobra

Draw your chest forward and up **to create spinal extension with length.**

Lift your chest upward through your back muscles **to strengthen your spinal extensors.**

Pull your body forward through your hands **to create traction through your spine.**

Upward-Facing Dog

Press your palms downward **to activate your chest, shoulders, and arms.**

Lift your chest upward **to encourage thoracic extension.**

Rotate your biceps forward **to organize your shoulders.**

Push your hips forward **to engage your glutes and support hip extension.**

Pull your heels toward one another **to activate your adductors/inner thighs and stabilize your lower body.**

Supported Bridge

Ground your feet downward **to create lower-body stability.**

Lift your hips upward **to position your support.**

Lower your pelvis onto your support **to transfer your body weight into the prop.**

Release your shoulders downward **to allow your chest to open.**

ARM BALANCES & INVERSIONS

Dolphin

Press your forearms downward **to stabilize your shoulders.**

Press your elbows toward one another **to create isometric shoulder stability.**

Spread your shoulder blades outward **to activate your serratus.**

Send your hips up and back **to lengthen your spine.**

Crow

Press your palms downward **to create your arm-balance base.**

Spread your fingers outward **to broaden your support.**

Bend your elbows backward **to create your arm shelf.**

Press your knees into your upper arms **to connect your lower and upper body.**

Lean your chest forward **to move your center of mass over your hands.**

Pull your heels toward your glutes **to compact your balance.**

Draw your belly inward and up **to support your body through your core.**

Single-Leg Crow

Press your palms downward **to create your support base.**

Press your bent knee into your upper arm **to support your bent leg.**

Lean your chest forward **to shift your weight over your hands.**

Reach your extended heel backward **to activate your extended leg.**

Draw your belly inward and up **to stabilize your trunk.**

Forearm Stand

Press your forearms downward **to create your support base.**

Press your elbows toward one another **to stabilize your shoulders.**

Spread your shoulder blades outward **to prevent shoulder collapse.**

Draw your ribs inward **to stabilize your trunk.**

Squeeze your inner thighs inward **to keep your legs centered.**

Reach your toes upward **to create vertical length.**

Headstand

Press your forearms downward **to reduce load through your head and neck.**

Draw your shoulders away from your ears **to create shoulder support.**

Pull your ribs toward your hips **to stabilize your trunk.**

Squeeze your inner thighs inward **to organize your legs.**

Reach your feet upward **to create vertical length.**

Handstand

Press your palms downward **to create your support base.**

Press your fingertips downward **to help control your balance.**

Spread your shoulder blades outward **to activate your serratus.**

Push your shoulders upward **to create active shoulder elevation.**

Draw your ribs inward **to limit excessive spinal extension.**

Squeeze your glutes inward **to stabilize your pelvis.**

Squeeze your inner thighs inward **to keep your legs centered.**

Reach your toes upward **to create vertical length.**

Shoulder Stand

Press your upper arms downward **to create support through your shoulders.**

Lift your hips upward **to stack your pelvis over your shoulders.**

Reach your heels upward **to lengthen your legs vertically.**

Squeeze your inner thighs inward **to stabilize your legs.**

Plow

Reach your toes backward overhead **to lengthen your posterior chain.**

Press your upper arms downward **to stabilize your shoulders.**

Lift your hips upward **to maintain space through your torso.**

COOLDOWN

Supine Spinal Twist

Pull your knee toward your shoulder **to flex your hip before rotating.**

Guide your knee across your body **to rotate your spine and stretch your outer hip.**

Reach your opposite arm outward **to anchor your upper body.**

Allow your shoulder to soften toward the floor **to deepen your chest and spinal stretch without forcing it.**

Happy Baby

Pull your knees outward toward your ribs **to open your hips.**

Hold the inner or outer arches of your feet **to support your legs.**

Draw your knees downward **to lengthen your inner thighs and low back.**

Press your low back toward the floor **to maintain a grounded pelvis.**

Shavasana

Reach your arms and legs outward **to allow your body to fully relax.**

Soften your brow **to release facial tension.**

Release your tongue away from the roof of your mouth **to reduce jaw and facial tension.**

Allow your body to settle downward **to transition into complete rest.**

UNIVERSAL CORE & ALIGNMENT

Neutral Pelvis / Core

Lengthen your tailbone downward **to create length through your low back.**

Draw your tailbone downward **to encourage a neutral pelvis.**

Zip your pubic bone toward your belly button **to activate your deep core.**

Pull your belly button inward and up **to engage your abdominals.**

Draw your front hip points toward one another **to activate your transverse abdominis.**

Knit your lower ribs inward **to prevent rib flare.**

Pull your ribs downward toward your hips **to connect your rib cage and pelvis through your core.**

Stack your ribs over your pelvis **to create neutral trunk alignment.**

Lengthen your crown upward **to create axial spinal length.**