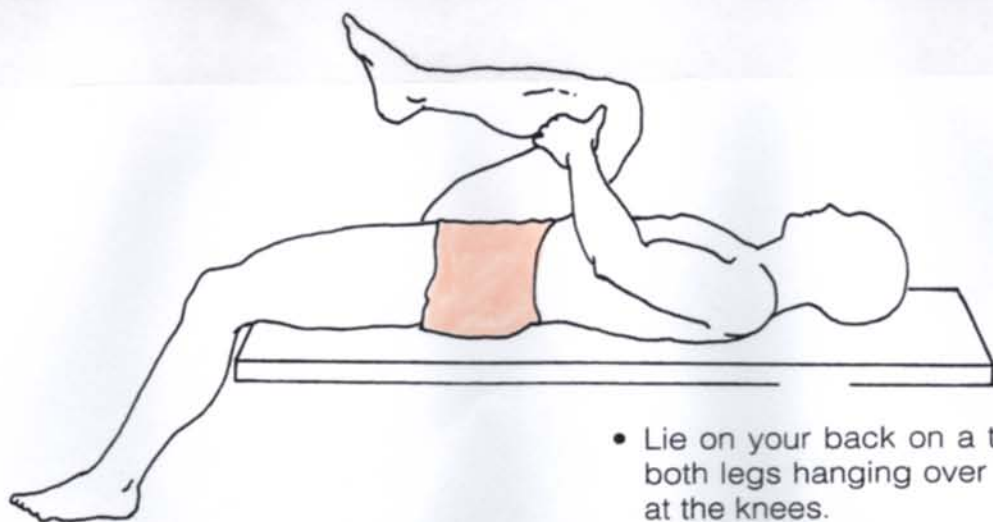
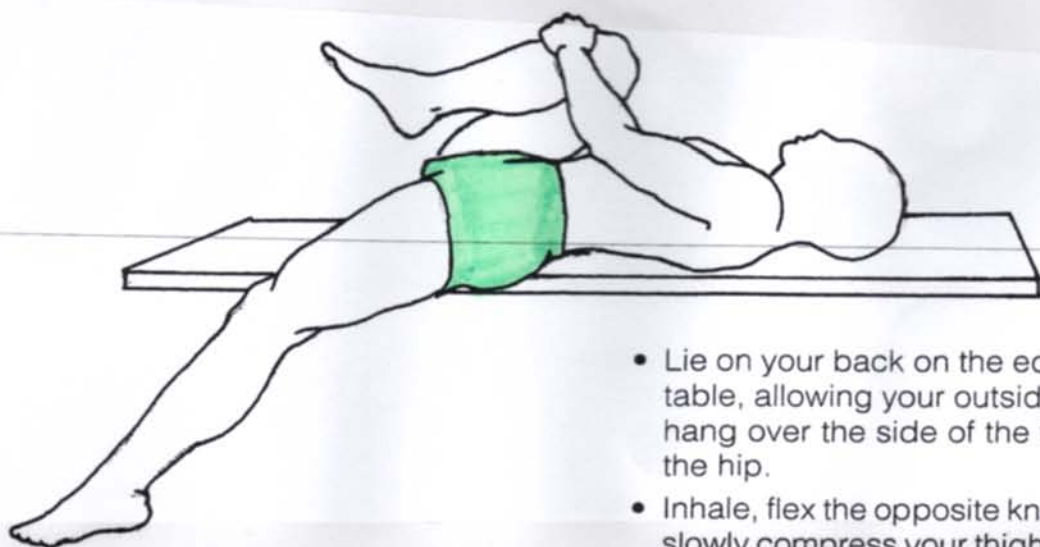


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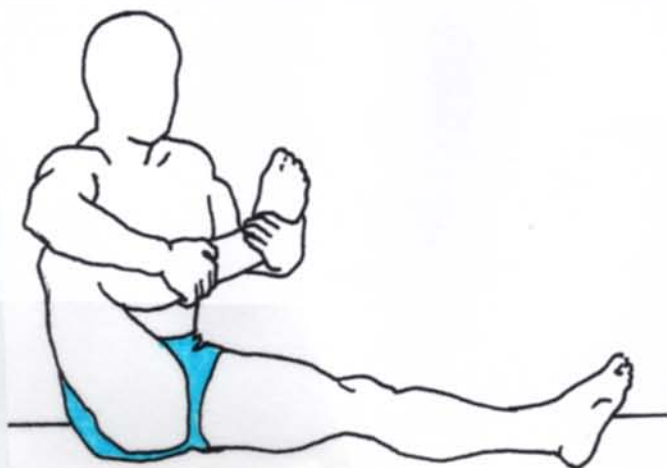
- Lie on your back on a table with both legs hanging over the edge at the knees.
- Inhale, flex one hip, and raise your knee toward your chest; interlock your hands behind the raised knee.
- Inhale and bring your knee to your chest as you keep the opposite leg hanging over the edge.

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- Lie on your back on the edge of a table, allowing your outside leg to hang over the side of the table at the hip.
- Inhale, flex the opposite knee, and slowly compress your thigh to your chest.

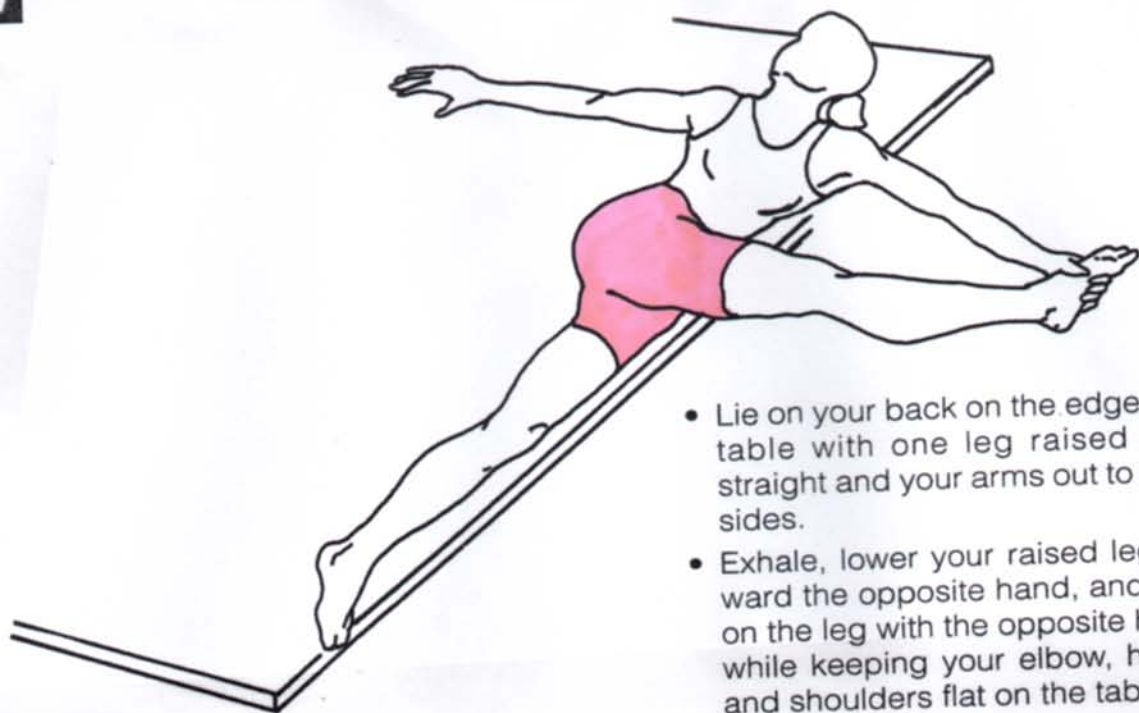
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- Sit on the floor with your back against a wall. Flex one leg and slide your heel toward your buttocks.
- Hook your knee with the same-side elbow and grasp your ankle with the opposite hand.
- Exhale and pull your foot to the opposite shoulder.

**NOTE**

Keep your back straight and upright.

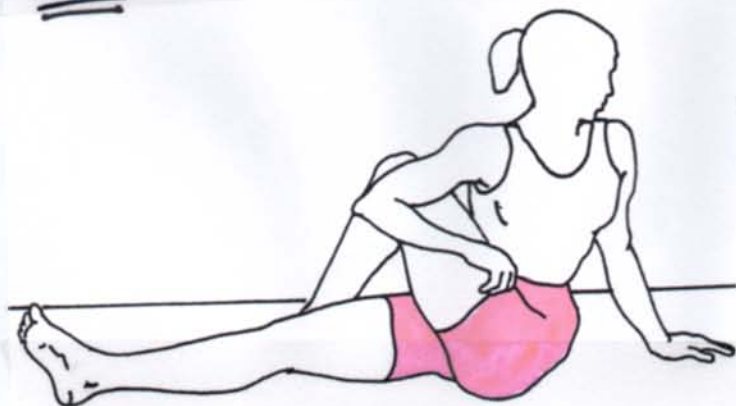


- Lie on your back on the edge of a table with one leg raised and straight and your arms out to your sides.
- Exhale, lower your raised leg toward the opposite hand, and pull on the leg with the opposite hand while keeping your elbow, head, and shoulders flat on the table.

- Lie on your back with your knees flexed and arms out to the sides.
- Exhale and lower both legs to the floor on the same side, keeping your elbows, head, and shoulders flat on the floor.



**BEST**



- Sit on the floor with your hands behind your hips and your legs extended.
- Cross your left foot over your right leg and slide your heel toward your buttocks. Place your right elbow on the outside of your left knee.
- Exhale and look over your left shoulder while turning your trunk and gently pushing on your knee with your right elbow.