

# Exercises

## Superman Pose



### Key Points

- Head up & looking forward
- Arms extended forward
- Feet & knees extended off the ground
- Knees are straight, not bent

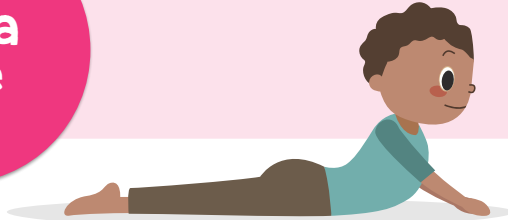
## Dead Bug Pose



### Key Points

- Knees pulled to stomach
- Arms crossed at chest
- Head up, chin to chest

## Cobra Pose



### Key Points

- Lying prone on ground
- Press feet & thighs to floor
- Straighten arms while lifting off the ground

## cat/Dog



### Key Points

- Go on hands & knees
- Hands under shoulders & knees under hips
- Inhale looking up to the sky
- Exhale looking down to knees
- Maintain positioning throughout

## Bird/Dog



### Key Points

- Go on hands & knees
- Hands under shoulders & knees under hips
- Opposite arm & leg are extended
- Child balances in this position

# Exercises

## Downward Dog



### Key Points

- Head down between arms
- Hands flat
- Arms & legs straight
- Bottom up

## Tree Pose



### Key Points

- Body is centered
- Hands up & meet over head
- Foot balances on opposite leg

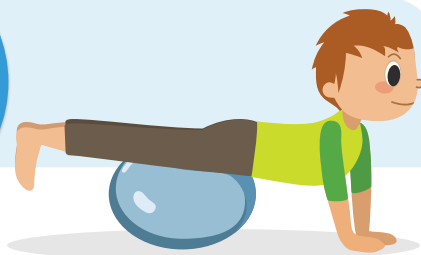
## Crescent Lunge



### Key Points

- Body is centered
- Back leg & back are arched

## Walk Arms Out



### Key Points

- Must be done with adult
- Tighten core
- Walk hands out on the floor to support body

## Lying Upside Down



### Key Points

- Must be done with adult
- Child lies down with arms above head to grasp item behind them
- Next step: inverted sit-up done with arms crossed at chest & parent assistance