

DAY 8 - LOW BODY



● 1. BRIDGE LEG LIFT ●

Start in bridge pose and lean your weight into your left leg as you lift the right leg up towards the sky. Press into the arms and engage your glutes to keep the pelvis lifted high.

● 2. MODIFIED WARRIOR 3 ●

Start in Warrior 3 with your palms interlaced behind you, squeezing your shoulder. Bend your supporting knee and keep engaging your glutes to hold the back leg up. Keep your gaze steady and breathe deeply.

● 3. CHAIR ON TOES ●

Start in chair pose and lean most of your body weight into the balls of your feet. Squeeze the inner thighs and calves together as you lift the heels off the ground while keeping the knees bent.