

WARRIOR ONE

FF07

DIRECTIONS:

Stand facing away from the anchor. Hips are facing FORWARD.

The front foot faces 12 o'clock. The rear foot faces 2 o'clock.

Feet are approx 2 to 3 feet apart. Holding the rope overhead or around the neck, bend ONLY the front knee moving it over the front toes.

Return the front knee to the starting position.

Repeat 10+ times - then switch legs.

BENEFITS:

WARRIOR ONE is a powerful standing pose that develops stamina, balance, and coordination. WARRIOR ONE stretches the whole front side of the body while strengthening the thighs, ankles, and back. The quads, knees and ankles are strengthened during the bending phase of the front leg. The rear support leg stretches the thigh.