

## WARRIOR TWO

FF08

### DIRECTIONS:

Stand sideways to the anchor.

Hold the rope at waist level with the rear hand.

Hips are facing SIDEWAYS.

Front foot faces 12 o'clock. Rear foot faces 3 o'clock.

Feet form a T. Front heel intersecting with middle of back foot.

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 TWO is a powerful stretch for the legs, groins, and chest. As a deep hip-opening pose it strengthens the muscles in the thighs and buttocks and also works the ankles. This pose also opens the chest and shoulders, improving breathing capacity.

WARRIOR TWO work the quadriceps and gluteus maximus of the front leg, and stretch the iliopsoas and inner thigh of the rear leg.

### NOTES

Keeping the QUADS strong is important as we age. Strong QUADS help to protect the knee joints, which are inherently dependent on ligaments, tendons and muscles to protect them from injury. Weak QUADS can decrease one's ability to live independently in later years. As the decades go by, the QUADS gradually become weaker if they aren't worked regularly, until eventually it becomes difficult to perform simple daily activities like getting up out of a chair or walking up and down stairs.