

# Airplane

- Squeeze legs and root down through standing foot
- Spiral inner thigh of raised leg upward and outer thigh downward
- Keep raised foot flexed and active
- Square hips to the floor
- Stretch wall of chest forward, creating traction through torso
- Draw shoulder blades down your back
- Pull arms back and radiate through fingertips
- Gaze at floor about two feet in front of standing foot

## MODIFIED I

- Bring torso forward to an angle where balance can be maintained

## MODIFIED II

- Place hand on a chair to maintain balance

## MODIFIED III

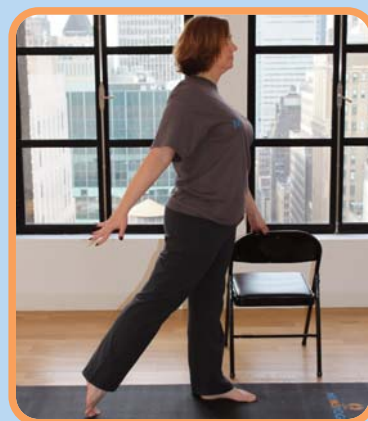
- Use a chair to maintain balance while stretching arm and leg down behind you



MODIFIED I



MODIFIED II



MODIFIED III