

# Bicycle

- Place hands behind head and bend one knee at a right angle
- Inhale and keep elbows parallel with head to lift upper back off ground
- Bring one elbow toward opposite knee. Alternate sides for several rounds
- Keep chin slightly tucked in

## MODIFIED

- Place hands next to hips for balance
- Place foot flat on mat and alternately extend right and left leg, leaving other foot on ground for additional support



**BICYCLE**



**MODIFIED**