



# Boat

- Legs are straight
- Engage abdominal muscles
- Lift sternum towards ceiling
- Reach arms forward, keeping them parallel to the floor
- Establish a calm, steady, powerful gaze

## MODIFIED I

- Bend legs at knee slightly, keeping toes pointing up

## MODIFIED II

- Keep both hands on the floor behind you, fingers pointing forward, as you extend legs

## MODIFIED III

- Balance by keeping forearms and palms on floor
- Keep legs as straight as possible, lifting them slightly off the floor



MODIFIED I



MODIFIED II



MODIFIED III