



Revolving Crescent Lunge

- Pull hip of front leg back and chest toward your chin, creating traction through torso
- Pull wrists back so they are aligned with elbows to stabilize your upper body
- Press through both arms
- Stack upper hand directly over shoulder and keep it active
- Stretch every bone and muscle in your chest
- Drop shoulder blades down your back

MODIFIED I

- Drop back knee to help balance

MODIFIED II

- Sit in a chair for additional support, keeping legs in front of you and feet firmly planted on the ground



REVOLVING CRESCENT LUNGE



MODIFIED I



MODIFIED II