

LUCKY'S DOWNWARD DOG



BENEFITS: Stretches the entire back, shoulders, arms, feet, and legs, especially the hamstrings and calves.

MOVEMENT TYPE: Flexibility & Mobility

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INSTRUCTIONS:

1. Start on all four paws, with your hands directly under your shoulders, your knees below your hips, and your toes curled under, supporting your feet.
2. Keeping your shoulders away from your ears and back flat, use your arms to push your hips back and up, straightening your legs as much as you can and reaching your heels toward the floor.
3. Engage your core and quads by lifting your kneecaps up and pushing your hands and forearms down, pressing into the "L" of your hands (between your index finger and thumb).
4. Gently grip the floor with your fingertips.
5. Continue reaching your hands forward and hips back to really lengthen your back and legs. OH, GOOD STRETCH!

MODIFICATIONS:

- For Flexibility: Generously bend your knees while pressing with your heels down toward the floor to allow your torso to create the correct shape (rather than rounding over).
- For Flexibility and/or Upper Body Strength: Take this pose with your hands elevated on a secured chair or other stable surface.

