

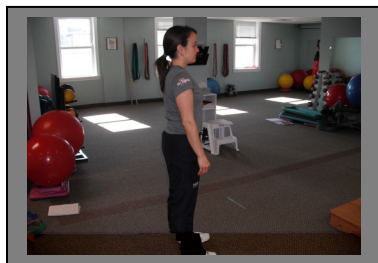
- Sitting on Floor
- Both front and back leg at 90 degrees
- Hand of the front leg placed by hip
- Tip pelvis forward, increasing lumbar curvature
- Inhale as you lean forward, bending from hip, maintain curve in lumbar area, keep chest up, shoulders parallel to floor and eyes forward
- Hold stretch and press front knee and ankle into ground hold for 5 seconds
- Repeat 3 times in all three



- Rotate Right leg out as far as possible
- Press heel into ground
- Rotate pelvis inward (opposite of foot)
- Hold for 5 seconds
- Repeat 5 times per leg



- Standing feet parallel
- Turn Right foot in as far as possible
- Pressing the heel to floor
- Turn pelvis externally
- Do not move turned foot (hold for 5 seconds repeat 5 times on each leg)



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OFFENDING COMMAND: I'GBP,

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