

Glutes

Pigeon:

- Kneel on the floor on all fours.
- Pick up your right leg and move it forward on the ground in front of your body. Your lower leg should be on the ground, horizontal to the body. Your right foot should be in front of your right knee while your right knee stays to the right.
- Stretch the left leg out all the way behind you on the floor, with the top of the foot on the ground and toes pointing back.
- Shift your body weight gradually from your arms to your legs so that your legs are supporting your weight. Sit up straight with your hands on either side of your legs.
- Take a deep breath. While exhaling, lean your upper body forward over your front leg. Support your weight with your arms as much as possible.
- Repeat on the other side.

