

6



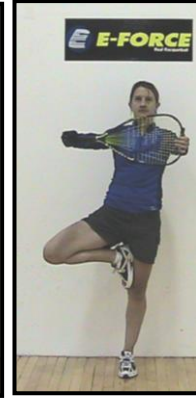
Advanced Variation:  
Squat with heels off floor



**Sitting Pose: Inhale before movement, exhale during movement**  
**DO:** switch legs, keep hips level **DON'T:** round back, lift neck

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Beginner Variation:  
Bend knee, keep leg low



**Tree Pose: DO:** engage glut. muscles  
**DON'T:** put foot onto knee joint



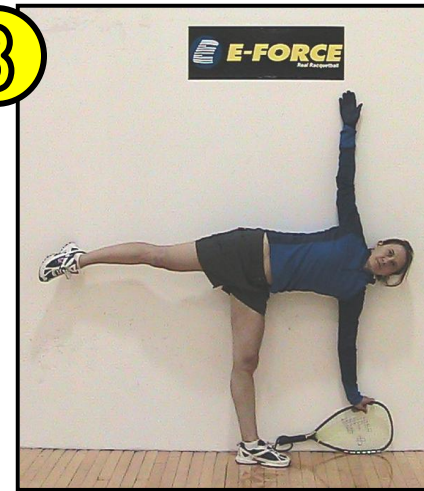
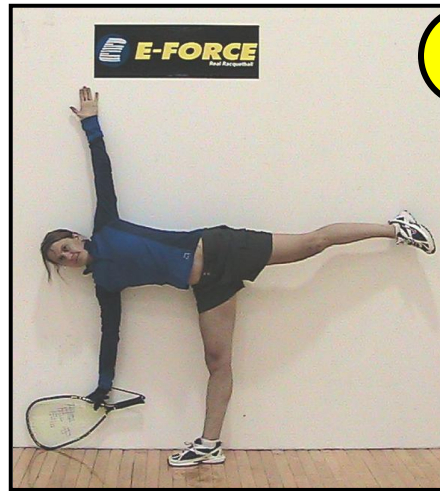
*The Denver Athletic Club*

*This information was provided by  
Petra Storm, DAC Group Exercise  
Coordinator, Jo Shattuck, DAC  
Racquetball Pro and  
www.racquetballacademy.com*

Beginner Variation:  
Bend knee, keep leg low, keep hips facing floor, keep arm lowered



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**Half Moon: Inhale before movement, exhale during movement**  
**DO:** open hips outward, lean against wall if needed, keep back straight  
**DON'T:** strain neck, bend at waist