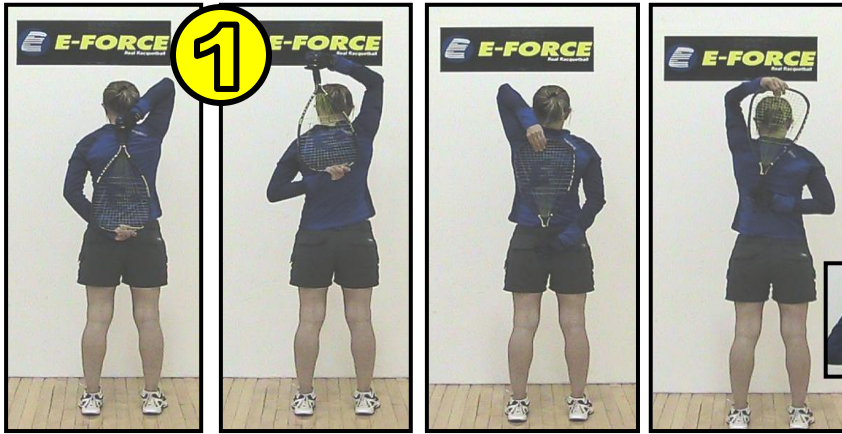




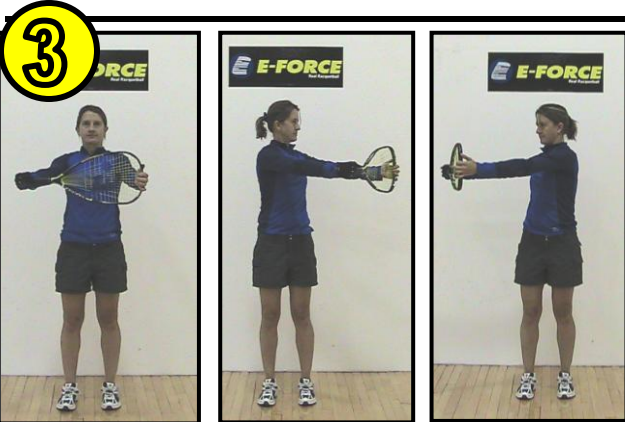
RACQUETBALL YOGA



1

Advanced Variation:
Move hand up racquet

Shoulder Push-Pull: DO: keep shoulders dropped, core engaged DON'T: arch back, lift shoulders to ears



3

Standing Twist :
DO: keep hips still
DON'T: lift feet



5

Straddle Side Bend : DO: elongate side DON'T: bend over at waist

2

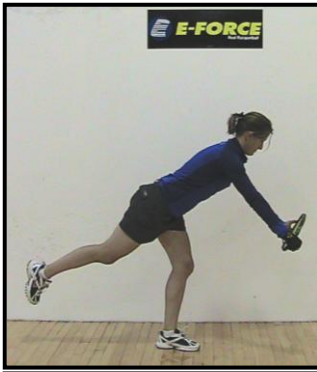
Forward Bend:
DO: round back and drop head
DON'T: strain neck

Advanced Variation:
Move hands closer



4

Warrior 3:
DO: switch sides, keep hips pointed toward floor
DON'T: round back, lift neck



Beginner Variation:
Bend knee, keep leg low



Advanced Variation:
Lift leg, extend arms forward

RACQUETBALL YOGA:
Inhale before movement,
Exhale during movement.
Hold pose until you feel mild discomfort. If you lose the pose. Reset and try again.
Do these poses AFTER playing racquetball