

STRENGTHENING EXERCISE

This exercise is a great way to improve joint mobility, flexibility, strength, core stability and balance.



Movement 1

Breathe in through the nose.

Sweep the arms across to the left side.

Step the right foot to the right into **Right Leopard stance**



Movement 2

Breathe out through the mouth.

Sweep the arms across to the right side.

Drift the weight across to the left, **Left Leopard stance**



Movement 3

Breathe in through the nose.

Sweep the arms across to the left side.

Drift the weight across to the right, **Right Leopard stance**



Movement 4

Breathe out through the mouth.

Lower the arms to the sides of the body.

Draw the right foot in alongside the left, **Eagle stance**

Repeat on the left side for movements 5 - 8



Movement 9

Breathe in through the nose.

The arms remain by the sides of the body.

Step the right foot to the right and bend the knees, **Riding Horse stance**



Movement 10

Breathe out through the mouth.

Place the palms together and take the hands down between the legs as you bend forwards.

Remain in **Riding Horse stance**



Movement 11

Breathe in through the nose.

Lower the arms to the sides of the body as you straighten up.

Remain in **Riding Horse stance**



Movement 12

Breathe out through the mouth.

Lower the arms to the sides of the body.

Draw the right foot in alongside the left, **Eagle stance**

Repeat on the left side for movements 13 - 16



Movement 17

Breathe in through the nose.

The arms remain by the sides of the body.

Turn 90 degrees to the right and lower the left knee to the floor,

Right Chicken stance



Movement 18

Breathe out through the mouth.

Raise the arms above the head and place the hands together, fingertips pointing upwards.

Remain in **Right Chicken stance**



Movement 19

Breathe in through the nose.

Lower the arms to the sides of the body.

Remain in **Right Chicken stance**



Movement 20

Breathe out through the mouth.

Lower the arms to the sides of the body.

Draw the right foot in alongside the left, **Eagle stance**

Repeat on the left side for movements 21 - 24



Movement 25

Breathe in through the nose.

Raise the arms out to the sides and up to shoulder height with the palms facing down.

Raise the right leg with a 90 degree angle at the knee, **Right Crane stance**



Movement 26

Breathe out through the mouth.

Raise the arms above the head and place the hands together, fingertips pointing upwards.

Take the right foot back, **Right Stork stance**



Movement 27

Breathe in through the nose.

Lower the arms down to the sides at shoulder height with the palms facing down.

Raise the right leg forwards returning to **Right Crane stance**



Movement 28

Breathe out through the mouth.

Lower the arms to the sides of the body.

Lower the right foot down alongside the left, **Eagle stance**

Repeat on the left side for movements 29 - 32



Movement 33

Breathe in through the nose.

Take the arms back beyond the body with the palms facing down.

Take the right leg back as you lean forwards with a straight back,

Right Hawk stance



Movement 34

Breathe out through the mouth.

Sweep the arms forwards and up to shoulder height with the palms facing upwards.

Sweep the right leg through into **Right Dog stance**



Movement 35

Breathe in through the nose.

Take the arms back beyond the body with the palms facing down.

Take the right leg back as you lean forwards with a straight back,

Right Hawk stance



Movement 36

Breathe out through the mouth.

Lower the arms to the sides of the body.

Lower the right foot down alongside the left, **Eagle stance**

Repeat on the left side for movements 37 - 40