



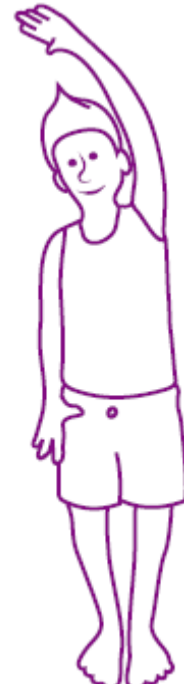
SHAPE UP SF WALKING CHALLENGE

Warm up Exercises

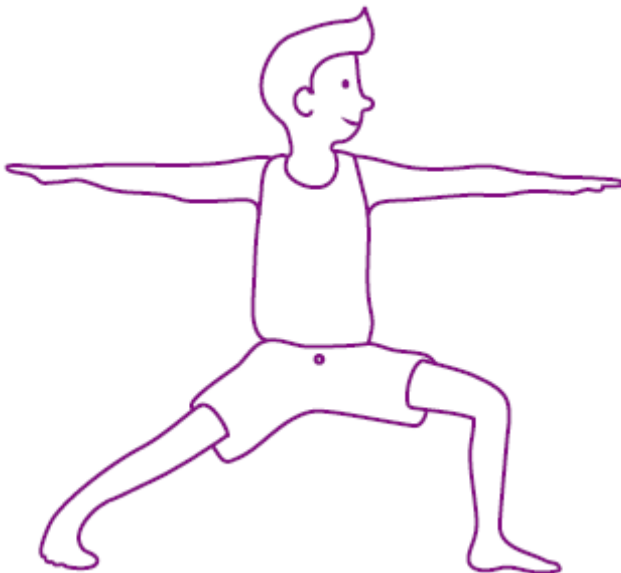
Standing Stretches



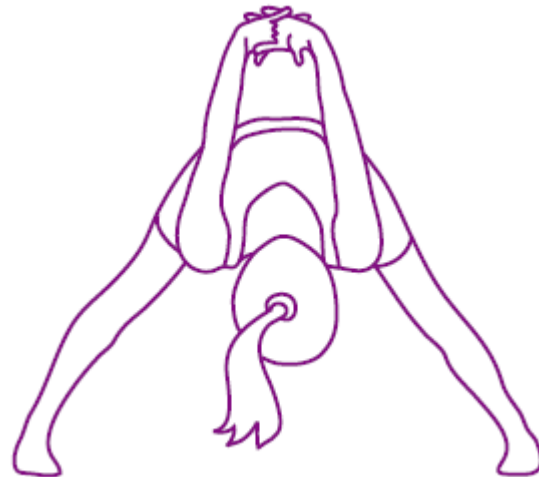
Rag Doll Pose: standing with feet hip distance apart, fold forward with a straight back and let arms and head hang free. Keep the knees straight or slightly bent.



Crescent Moon Pose: standing feet together with equal weight on each side, raise one arm, reach up and over, bending to the opposite side (repeat other side).



Warrior Pose: wide leg stance, feet turned out, arms out to a T, alternate bending one knee at a 90 degree angle with the knee directly over the ankle and look to fingertips (repeat other side).



Ostrich Pose: wide leg stance, toes turned inward, interlace fingers behind back and fold forward, arms extend straight up (or place hands on the floor).



Sandwich Pose: in a seated position, extend legs straight in front, bend forward with a flat back, head reaches forward, chin to shins.



Fan Pose: in a seated position, spread legs wide open and walk hands forward with a straight back. Keep legs straight and walk hands to one side and then to the other side.



Butterfly Pose: in a seated position, bring soles of feet together, knees out to the sides, fold forward with a straight back.



4-stretch Pose: on your back, bend knees to chest, place the outside of one ankle on the opposite knee (making the shape of a 4), put hands behind the knee and pull gently toward the chest (repeat other side).

Guidelines: Individuals must judge their own capabilities and physical capacity for the exercises outlined by It's Yoga Kids®. Should any exercise exceed personal physical abilities, individuals are cautioned not to overwork their body and to do only the movements they are physically capable of executing. By participating in these exercises, individuals take full responsibility not to exceed personal limits in the practice of Yoga, and for any injury suffered in the practice of Yoga.