

The June Five

Goddess Pose (Wide Squat):

- Stand with feet about 3 feet apart, arms extended overhead.
- Inhale and reach your fingers towards the ceiling. Exhale bend your knees to sit into a squat, drawing your elbows in and down towards your ribs.
- Make sure your knees stay right over your ankles.
- Builds leg and arm strength, hip flexibility.

Lunge/ Reverse Warrior:

- Stand in a lunge with right foot front.
- Stretch your right arm up towards the ceiling, rest left hand on your back leg.
- Strengthens legs, stretches shoulders and hips.

Step ups:

- Stand in front of a low step or bench.
- Step right foot up onto the bench, then step back down. If you have healthy knees try jumping up and back down.
- Cardio interval, strengthens legs.

Calf Raises:

- Stand with feet together.
- Lift both heels, then slowly lower. Ten standing on both feet, then lift one foot - ten on each leg.
- Strengthens calves and ankles, improves balance.

Chair Pose:

- Stand with feet together.
- Inhale and stretch your arms up towards the ceiling.
- Exhale, bend your knees and sit low, as if to sit in a chair behind you.
- Strengthens quads and stretches shoulders.