

Class #2 Recording Transcript

Knee to chest

Butterfly – strengthens the inner thighs (adductors) that support knees and the pelvis.

- Take 30 seconds or more to bring the legs together - repeat 3 times



- Bring the legs half way up and hold for up to 10 breaths then take 15 seconds to complete the movement. Squeeze thighs together. Return to starting position. Repeat 3 times.

Side Plank – Strengthens QL, tensor fascia latae, glutes and transverses abdominis (part of inner core). All these are important muscles for walking and balance.

- Start in Clam position on your side
- Straighten the top leg towards the back of your mat
- **Flex the foot and lift it slowly several times higher than the height of your pelvis and down to the floor.**
 - You should feel the side of your leg tighten as you do when you perform the clam exercises. Do not lean back.
 - Keep the toes and knee facing the side wall. Do not rotate leg out of this position, just lift it.
- **Now hold the leg at hip level for several breaths. Relax all else.**
 - Release and stretch out the hip. The figure 4 pose or a twist will stretch it out.



- Repeat on the other side.

End with **Knee to Chest** movement or **Wheel** on your hands & knees. Then rest a few minutes.