Yoga

<http://www.menshealth.com/fitness/yoga-basics/forward-fold/slide/11>

1. Mountain (Tadasana)

**What it does:**Simple but effective, mountain pose builds a solid foundation for all other standing poses. It strengthens and returns flexibility to your feet, improves your posture, and works your thighs and [core](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=721&BEFID=96424&acode=741&code=741&aon=&crawler_id=477710&dealId=knr-10bU2ef8X2ndw1zToQ%3D%3D&searchID=&url=https%3A%2F%2Fwww.beachbody.com%2Fproduct%2F101154.do%3Fch%3Dgse%26code%3DCSE_SHOPPING&DealName=Beachbody%20P90X&MerchantID=477710&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=119.85&SKU=PRODUCT-101154" \t "_blank).**How to do it:** Stand with your big toes touching and heels slightly apart. [Balance](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=balance) the [weight](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) evenly on your feet and [lift](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) up the arches. Engage the thigh muscles slightly to lift up the kneecaps, but avoid locking your knees.**How to get better:**With every inhale, imagine lengthening your spine by stretching your head toward the ceiling. Keep your shoulders relaxed and your shoulder blades drawing down your back.

2. Tree (Vrksasana)

**What it does:**Like other standing [balance](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=balance) poses, tree pose will improve your focus while strengthening the muscles in your ankles, calves and thighs. It also stretches the inner thigh and groin muscles on the bent leg.**How to do it:** Shift your weight onto your right foot, pressing it firmly onto the floor. Bend the leftt leg at the knee and place the sole of the left foot on your inner right thigh. Point the toes toward the floor. If this is difficult, you can also place the sole of the foot on the inner [calf](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=calf) or ankle (but avoid the knee). Bring your palms together in front of your chest and keep your weight centered over the left foot. Press the right knee back to open the groin while keeping your hips parallel to the front of the room. Release the foot and repeat on the other side.**How to get better:**To improve your balance, keep your attention on the floor a few feet in front of you

3. Standing Forward Bend (Uttanasana)

**What it does:**Standing forward bend can calm your mind, while also stretching the hamstrings and muscles of the spine.**How to do it:**Start in mountain pose with your hands on your hips, then exhale, tucking your chin slightly toward your [chest](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) and bending forward at the hips. (As you fold forward, lengthen the front of your torso to avoid curling the spine.) Relax your head, neck and shoulders and let your arms hang loosely. Place your palms or fingertips on the floor beside or slightly in front of your feet. (If you can’t touch the floor, cross your forearms and grab your elbows.) To come out of the pose, bring your hands to your hips and lift up on an inhale. Keep your chin tucked and lengthen the front of your torso as you come [back](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=384&BEFID=96392&acode=399&code=399&aon=&crawler_id=534407&dealId=elJoqFEzw6y-YnOi8jzGzA%3D%3D&searchID=&url=http%3A%2F%2Fwww.healthmateforever.com%2Fcollections%2Fhealthmateforever-devices%2Fproducts%2Fhealthmateforever-nk6g-tens-ems-pms-unit%3Fvariant%3D989855517&DealName=HealthmateForever%20pain%20relief%20TENS%20Unit%20NK6GL%20and%20muscle%20stimulator%20for%20sciatica%2C%20back%20pain%2C%20lower%20back%20pain%2C%20etc.%2C%206%20modes%2C%20silver&MerchantID=534407&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=39.99&SKU=NK6GL-SILVER) up.**How to get better:**If your hamstrings are very tight, bend your knees slightly to let the spine stretch toward the floor. Avoid pulling yourself down with your hands—let gravity do the work.

4. Warrior I (Virabhadrasana I)

**What it does:**Warrior I is often encountered during the Sun Salutation sequence. In addition to improving your [balance](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=balance), this pose stretches and strengthens the ankles, calves and thighs. It also stretches the chest, lungs, shoulders and groin.**How to do it:**From mountain pose, step your right foot forward and lift your arms overhead. Turn your left foot 45 to 60 degrees to the left. Bend your right knee until it is over the ankle. Bring the hips parallel to the front of the room. Arch your upper back slightly, lifting your [chest](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) up toward the ceiling. Press your palms together, if possible, or keep your hands shoulder width apart with your palms facing each other. Look forward or up at your thumbs. When done, step the right foot back into mountain pose. Repeat on the other side.**How to get better:**The most challenging part of this pose is lining up the front heel with the arch of the back foot. If you feel unbalanced, widen your stance

5. Downward-Facing Dog (Adho Mukha Svanasana)

**What it does:** Downward-facing dog, another pose found in the Sun Salutation sequence, strengthens the [legs](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=401&BEFID=96424&acode=447&code=447&aon=&crawler_id=316390&dealId=CE-omVWp-bt0T2otrFpAxQ%3D%3D&searchID=&url=http%3A%2F%2F7016.xg4ken.com%2Ftrk%2Fv1%3Fprof%3D402%26affcode%3Duc%7CeBay%2520Commerce%2520Network%7CAll%7CAll%7C130170%7CExact%26url%3Dhttp%3A%2F%2Fwww.eastbay.com%2Fproduct%2Fmodel%3A155917%2Fsku%3A130170%2Fall-star-system-7-ultra-cool-leg-guards-mens%2Fblack%2F%26SID%3D8715%26inceptor%3D1%26cm_mmc%3DSEM-_-Feeds-_-eBayCommerceNetwork-_-130170%26eng_sdc_id%3D%7Bsdc_id%7D&DealName=All%20Star%20System%207%20Ultra%20Cool%20Leg%20Guards%20-%20Mens%20-%20Black&MerchantID=316390&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=153.99&SKU=130170) and arms, while stretching the calves, hamstrings, shoulders, hands and wrists.**How to do it:**Start on your hands and knees, with your hands just in front of your shoulders and your knees directly below your hips. Press your hands firmly onto the floor, with index fingers pointing forward. As you exhale, lift your knees off the floor, keeping the knees slightly bent. Stretch your tailbone toward the ceiling to lengthen your spine. Press your heels down toward the floor and your thighs [back](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=384&BEFID=96392&acode=399&code=399&aon=&crawler_id=534407&dealId=elJoqFEzw6y-YnOi8jzGzA%3D%3D&searchID=&url=http%3A%2F%2Fwww.healthmateforever.com%2Fcollections%2Fhealthmateforever-devices%2Fproducts%2Fhealthmateforever-nk6g-tens-ems-pms-unit%3Fvariant%3D989855517&DealName=HealthmateForever%20pain%20relief%20TENS%20Unit%20NK6GL%20and%20muscle%20stimulator%20for%20sciatica%2C%20back%20pain%2C%20lower%20back%20pain%2C%20etc.%2C%206%20modes%2C%20silver&MerchantID=534407&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=39.99&SKU=NK6GL-SILVER) to straighten your legs. Keep pressing the base of your index fingers into the floor and lift along your arms from your hands to your shoulders. Draw your shoulder blades against your back and down toward your tailbone. When done, drop your knees to the floor.**How to get better:**It’s okay to keep the knees slightly bent in this pose—focus more on lengthening your spine. Use your triceps to straighten your [arms](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900), but keep the shoulders from moving toward your ear

6. High Lunge (Crescent Lunge)

**What it does:**Also known as crescent lunge, this is similar to Warrior I, except with the [back](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=384&BEFID=96392&acode=399&code=399&aon=&crawler_id=534407&dealId=elJoqFEzw6y-YnOi8jzGzA%3D%3D&searchID=&url=http%3A%2F%2Fwww.healthmateforever.com%2Fcollections%2Fhealthmateforever-devices%2Fproducts%2Fhealthmateforever-nk6g-tens-ems-pms-unit%3Fvariant%3D989855517&DealName=HealthmateForever%20pain%20relief%20TENS%20Unit%20NK6GL%20and%20muscle%20stimulator%20for%20sciatica%2C%20back%20pain%2C%20lower%20back%20pain%2C%20etc.%2C%206%20modes%2C%20silver&MerchantID=534407&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=39.99&SKU=NK6GL-SILVER) heel lifted and the feet about hip width apart. In this position, you may find it easier to keep your hips parallel to the front of the room, but your leg muscles will work harder to maintain your balance. High lunge will also strengthen the arms and stretch the muscles of the groin.**How to do it:**Start in downward-facing dog. As you exhale, step your left foot forward between your hands, keeping your left knee over the [ankle](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=ankle" \t "_blank)and your feet hip-width apart. As you inhale, lift your torso upright and bring your arms out to the side and overhead. If possible, bring your palms together—or keep the hands shoulder width apart with the palms facing each other. Press back through your right heel and lift up through the torso. To come out of the pose, bring your hands to the floor as you exhale and step back to downward-facing dog. Repeat on the other side.**How to get better:**Don’t [lean](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=301&BEFID=96477&acode=296&code=296&aon=&crawler_id=810718&dealId=FLIQ2BdrQ7JNraVTcPI8kw%3D%3D&searchID=&url=http%3A%2F%2Fclick.linksynergy.com%2Flink%3Fid%3DneQRQBqOKtQ%26offerid%3D486460.857019006147%26type%3D15%26murl%3Dhttps%253A%252F%252Fwww.macys.com%252Fshop%252Fproduct%252Fnutribullet-nbr-5570-lean-boost%253FID%253D3060159%2526PartnerID%253DLINKSHARE%2526cm_mmc%253DLINKSHARE-_-47-_-85-_-MP4785%26u1%3D%7Bsdc_id%7D&DealName=NutriBullet%20Nbr-5570%20Lean%20Boost&MerchantID=11314&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=44.99&SKU=857019006147) forward—keep the torso directly over the hips, and think about sinking your hips straight downward while engaging the back thigh to keep the back leg straight. Don’t let the front knee move ahead of the ankle. To give your legs a rest, drop the back knee onto a mat or folded blanket, and focus on the stretch in your groin

7. Boat (Navasana)

**What it does:**While often known for its ab-busting potential, boat pose also works the deep hip flexors, as well as the spine. When you add in the [arms](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900), even your shoulders will get stronger.**How to do it:**Start seated with your legs extended in front of you. Press your hands into the floor just behind the hips, pointing your fingers forward. Leanback slightly and lift up through your chest, to keep your back from rounding. As you exhale, bend your knees and lift your feet off the floor until your thighs are at a 45-degree angle from the floor. Straighten your [legs](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=401&BEFID=96424&acode=447&code=447&aon=&crawler_id=316390&dealId=CE-omVWp-bt0T2otrFpAxQ%3D%3D&searchID=&url=http%3A%2F%2F7016.xg4ken.com%2Ftrk%2Fv1%3Fprof%3D402%26affcode%3Duc%7CeBay%2520Commerce%2520Network%7CAll%7CAll%7C130170%7CExact%26url%3Dhttp%3A%2F%2Fwww.eastbay.com%2Fproduct%2Fmodel%3A155917%2Fsku%3A130170%2Fall-star-system-7-ultra-cool-leg-guards-mens%2Fblack%2F%26SID%3D8715%26inceptor%3D1%26cm_mmc%3DSEM-_-Feeds-_-eBayCommerceNetwork-_-130170%26eng_sdc_id%3D%7Bsdc_id%7D&DealName=All%20Star%20System%207%20Ultra%20Cool%20Leg%20Guards%20-%20Mens%20-%20Black&MerchantID=316390&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=153.99&SKU=130170) slowly. When you feel stable, lift your arms off the floor and bring them out in front of you, parallel to the floor with the palms facing each other. To come out of the pose, lower your legs and arms as you exhale.**How to get better:**If your hamstrings are tight, keep the knees bent so you can maintain the neutral shape of the spine—similar to as if you were sitting in a chair. For a more intense workout, lift your arms overhead.

8. Locust (Salabhasana)

**What it does:**Locust pose is a great way to slowly strengthen your [back](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=384&BEFID=96392&acode=399&code=399&aon=&crawler_id=534407&dealId=elJoqFEzw6y-YnOi8jzGzA%3D%3D&searchID=&url=http%3A%2F%2Fwww.healthmateforever.com%2Fcollections%2Fhealthmateforever-devices%2Fproducts%2Fhealthmateforever-nk6g-tens-ems-pms-unit%3Fvariant%3D989855517&DealName=HealthmateForever%20pain%20relief%20TENS%20Unit%20NK6GL%20and%20muscle%20stimulator%20for%20sciatica%2C%20back%20pain%2C%20lower%20back%20pain%2C%20etc.%2C%206%20modes%2C%20silver&MerchantID=534407&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=39.99&SKU=NK6GL-SILVER" \t "_blank)and prepare you for more challenging backbends. In addition to working the muscles of the spine, locust strengthens the buttocks and the muscles on the back side of the arms and legs. It will also stretch the chest, shoulders and thighs.**How to do it:**Lie on your belly with your forehead on the floor and your hands by your hips, palms facing up. Point your big toes toward each other slightly to roll your thighs inward. As you exhale, [lift](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) your head, chest, arms and legs off the floor. Rest your weight on your belly, lower ribs and pelvis. As you inhale, lengthen your spine by stretching your head forward and your legs backward. Stretch back through your fingertips while keeping your arms parallel to the floor. Look down or slightly forward to avoid crunching your neck backward. Lower down on an exhale.**How to get better:**As you hold the pose, think about lengthening your spine on every inhale and lifting the [chest](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900) and legs slightly higher on each exhale. If you feel pinching in the back, lower the chest and legs slightly.

9. Bridge (Setu Bandha Sarvangasana)

**What it does:**A deeper backbend than locust, bridge pose stretches the front side of the [body](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=384&BEFID=96392&acode=399&code=399&aon=&crawler_id=534407&dealId=elJoqFEzw6y-YnOi8jzGzA%3D%3D&searchID=&url=http%3A%2F%2Fwww.healthmateforever.com%2Fcollections%2Fhealthmateforever-devices%2Fproducts%2Fhealthmateforever-nk6g-tens-ems-pms-unit%3Fvariant%3D989855517&DealName=HealthmateForever%20pain%20relief%20TENS%20Unit%20NK6GL%20and%20muscle%20stimulator%20for%20sciatica%2C%20back%20pain%2C%20lower%20back%20pain%2C%20etc.%2C%206%20modes%2C%20silver&MerchantID=534407&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=39.99&SKU=NK6GL-SILVER), as well as the spine and the rib cage.**How to do it:**Lie on your back with your arms by your side. Bend your knees and bring your heels close to your buttocks, with the feet about hip width apart. As you exhale, push your feet and arms into the floor and lift your hips toward the ceiling. Keep your thighs parallel as your lift. Interlace your fingers beneath your pelvis and stretch your arms toward your feet. To come out of the pose, release the hands and lower your hips slowly to the floor on an exhale.**How to get better:**In the beginning, you may not be able to [lift](http://rd.bizrate.com/rd?t=https%3A%2F%2Fwww.overstock.com%2FSports-Toys%2FExercise-Bikes%2F3220%2Fsubcat.html%3Ffeaturedproduct%3D6573992%26featuredoption%3D8903660%26cid%3D209797%26fp%3DF%26TRACK%3DCSEShopzilla%26utm_source%3Dshopzilla%26utm_medium%3Dcse%26utm_campaign%3Dshopzilla%26countrycode%3DUS&mid=23819&cat_id=8624&atom=8625&prod_id=&oid=4236920895&pos=1&b_id=18&bid_type=2&bamt=a5fedf14fd8fec0d&cobrand=1&ppr=01658e6f97021fc8&rf=af1&af_assettype_id=12&af_creative_id=2973&af_id=26865&af_placement_id=1&dv=4bf8d76f1e2df08bbbb3a1484f60d900" \t "_blank)your hips very high. Instead of forcing it, focus on keeping the thighs parallel and stretching your tailbone toward your knees to lengthen the spine. With each inhale, lift a little higher. To keep the knees from spreading outward, hold a yoga block between your thighs while in the pose.

10. Reclining Big Toe Pose (Supta Padangusthasana)

**What it does:**One of the best [yoga](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=yoga" \t "_blank)poses for stretching the hamstrings, it also stretches the hips, groin, and calves. Done properly, it will even strengthen the knees.**How to do it:**Lie on your back. As you exhale, bend the left knee and pull it toward your chest. Keep the other leg pressed firmly onto the floor while pushing the right heel away from you. Hold a strap in both hands and loop it around the middle of your left foot. As you inhale, straighten your left [leg](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=401&BEFID=96424&acode=447&code=447&aon=&crawler_id=316390&dealId=CE-omVWp-bt0T2otrFpAxQ%3D%3D&searchID=&url=http%3A%2F%2F7016.xg4ken.com%2Ftrk%2Fv1%3Fprof%3D402%26affcode%3Duc%7CeBay%2520Commerce%2520Network%7CAll%7CAll%7C130170%7CExact%26url%3Dhttp%3A%2F%2Fwww.eastbay.com%2Fproduct%2Fmodel%3A155917%2Fsku%3A130170%2Fall-star-system-7-ultra-cool-leg-guards-mens%2Fblack%2F%26SID%3D8715%26inceptor%3D1%26cm_mmc%3DSEM-_-Feeds-_-eBayCommerceNetwork-_-130170%26eng_sdc_id%3D%7Bsdc_id%7D&DealName=All%20Star%20System%207%20Ultra%20Cool%20Leg%20Guards%20-%20Mens%20-%20Black&MerchantID=316390&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=153.99&SKU=130170) slowly toward the ceiling. Move your hands up the strap until your arms are straight, while pressing your shoulders into the floor. Once your left leg is straight, engage the left thigh slightly and pull the foot toward your head to increase the stretch. Stay here for 1 to 3 minutes. Then lower the left leg slowly toward the ground, keeping the right thigh pressed into the floor. Continue until the left leg is a few inches off the floor. [Work](http://rover.ebay.com/rover/13/0/19/DealFrame/DealFrame.cmp?bm=367&BEFID=96424&acode=306&code=306&aon=&crawler_id=208580983&dealId=VJKL7-R1qkdILWdFLEVpnA%3D%3D&searchID=&url=https%3A%2F%2Fautoplicity.com%2F9073317-wow-watersports-13-2030-aqua-treadmill-1-person%3Futm_source%3DShoppingCom%26utm_medium%3DCSE%26utm_campaign%3DShoppingComNOFITMENT&DealName=New%20Aqua%20Treadmill%201%20Per%20Wow%20World%20Of%20Watersports%2013-2030&MerchantID=507376&HasLink=yes&category=0&AR=-1&NG=1&GR=1&ND=1&PN=1&RR=-1&ST=&MN=msnFeed&FPT=SDCF&NDS=1&NMS=1&NDP=1&MRS=&PD=0&brnId=2455&lnkId=8070676&Issdt=170418051301&IsFtr=0&IsSmart=0&dlprc=385.15&SKU=9073317) the foot forward until it is in line with your shoulders. Inhale your legback to vertical. Lower the leg and repeat on the other side.**How to get better:**When you extend the leg upwards, press the heel toward the ceiling. Once the leg is straight, engage the thigh slightly and lift up through the ball of the foot.