

DRAWBRIDGE POSE

- Lie flat on your back.
- Lock in your knees and draw your toes towards your head.
- Press your lower back into the floor while extending the tailbone to the heels.
- Place your arms by your sides with palms facing down.
- Exhale as you raise the legs vertically to the ceiling.
- After holding this position, exhale and lower the legs down slowly.

Benefits

- Strengthens the abdomen, hip flexors, quadriceps and spine.
- Stabilises the lower back.
- Improves overall core stability.

Beginners Advice

- Raise and lower one leg at a time until you develop control.
- Lower both legs part of the way down before raising them vertically again.

Challenge

- See how long you can hover both legs an inch or so off the ground before raising them vertically again.
- Bring both arms straight back behind your ears extending your entire body as you lower your legs.

Adjustments / What to look for

- Visualise a drawbridge being raised and lowered.
- Try to keep the chin away from the chest and breathe evenly.
- Ensure the lower back remains in contact with the ground.
- Extend through the heels.

