

FROG

- Get down onto your hands and knees.
- Come down onto your forearms, allowing your knees to slide wide at the level of your hips, keeping your knees in line with your hips and your ankles in line with your knees.
- Your elbows should be lined up with and slightly wider than your shoulders.
- Your wrist and elbow should also make a straight line.
- All of your forearms and hands should be in contact with the ground.

Benefits

- Opening of the hip joint.
- Lengthening of the adductors.
- Lengthening of the spine.
- Activation of deep stabilisers.

Beginners Advice

- On each inhalation, gently press the knees and forearms into the floor.
- On each exhalation, lengthen the spine and imagine the underside of the trunk being lifted away from the floor via a push pattern.
- Maintain an energetic outward rotation of the femur (thigh) and humerus (upper arm) throughout in and out breaths.
- Come out of the pose with control.

Challenge

- Stay in the pose for more breaths.
- Gradually widen the position of the knees.

Adjustments / What to look for

- The neck to be a continuation of the spine.
- The position of the knees relative to the hips, and the ankles relative to the feet.
- An expansion of the lower abdomen due to good breath mechanics.

