Strength - circuit one

Strength is health

Day 44

1. Push up w. leg lift
   Note: Draw your navel towards your spine to activate your core. A modified version is on the knees.
   Muscles working: Full body

2. Squat w. kick
   Note: Weight on your heels. Push up & kick. Come back to a squat & repeat with other leg.
   Muscles working: Legs

3. Triceps press
   Note: Make sure your elbows are pointing straight back. Fingertips pointing towards your heels. Feet hip width apart.
   Muscles working: Triceps
Don’t limit your challenges, challenge your limits

”Sometimes things fall apart, so better things can come together”
Marilyn Monroe

For some reason it’s easier to stick with what we know, rather then trying new things. We know what we have, but we don’t know what we will get. That can be scary. But if we never went outside our comfort zone, life would be really boring. Right? Just by trying the SKY program takes you one step outside your zone. Well done!!! In yoga we say that everything is just the way it’s supposed to be. Trust in yourself & your instinct.

See ya tomorrow 💜
1. **Inhale** & take a big step back with your left foot. Arms up. Draw your navel in, **exhale** & lower your shoulders & square your hips.

2. **Inhale** & interlace your fingers behind your you. Stretch your arms towards your heels & lift your chest. Save your lower back by drawing your navel in.

3. **Exhale** leaning forward. Sinking deep in to your front leg. Lift your arms, shoulder blades together. When you **inhale** back up again, press your heel down & draw your navel in. Do pic # 2+3 for five breaths, inhaling while lifting, exhaling while bowing forward. Gently switch to the other leg for five breaths.