

Sun Salutes

- Stand with your feet a little less than shoulder width apart, weight balanced equally on each foot
- Taking a deep breath, extend your arms out and up over your head, slightly arching your back



- As you breathe out, bend forward at your waist, trying to keep as flat of a back as possible. If you need to bend your knees a little, that is okay



- Keeping one knee over the middle of your foot, extend the other leg behind you as far as you can into a lunge position. Raise your torso to vertical and extend your arms over your head. Watch your balance!



- Bend forward, placing your hands on the ground and extend your bent knee behind you to meet the other foot. Your hips should be raised up, your body forming an upside down “V”. Try to keep your back and legs straight, the only bend being at your hips



- Lower your chest and knees to the ground, keeping your hips slightly elevated. This is only a transition position, so move continuously from this position to one where your hips and knees are on the ground, but your arms are extended and your back arched



- Reverse this position back to where your arms are extended, back and legs straight, and bent into an upside down “V” again



- Remembering which foot was bent before, use the opposite foot to step into a lunge position: one leg bent with your knee over the center of your foot, the other

behind you as you bring your torso to vertical and raise your hands over your head



- Bring your rear foot up to the same line as your front foot as you fold forward, hips elevated, back flat



- Taking another deep breath, return to the start position



Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
