

## Warrior III Variations for Hip Stabilization



Put the weight of the body into the (Right) leg and bend the knee slightly. Bring the (Left) leg up & back and the torso down & forward until your (Left) leg and torso are parallel to the floor. Keep the hips square and parallel to the floor by turning the (Left) toe inward. Look down so the cervical spine stays straight. Hold 5-10 seconds then repeat on the (Left) leg OR bring the (Left) knee up to the chest and back into Warrior III five times for a full range of motion.

### Modifications:



Hands on thigh



Hand on wall



Hands on blocks