



Woodchopper

W E



Stand with a wide stance and hinge at your hips.

Verbal Cues

1. Stand in Mountain pose with feet slightly wider than hip-width apart.
2. Fold your hands together with interlaced fingers. Inhale as you stretch your arms overhead. Point your index fingers upward, hugging your arms in toward your ears.
3. Ground down through your feet and lengthen out through your spine. Draw your shoulder blades up and back like bird wings.
4. Inhale and lean back slightly. On the exhale say, "Haaa" aloud to relieve tension. With a brisk motion, hinge forward at your hips, bringing your arms down between your legs, as if chopping wood. Keep your spine long and your knees straight.
5. Ground strongly through your feet hugging your leg muscles to the bone.
6. Slowly rise up and inhale to the top position. Repeat several times.

Benefits

- Strengthens legs and back
- Stretches shoulders, chest, abdominals and back
- Raises energy level
- Improves lung capacity

Modifications



Ensure you have enough room to safely perform this exercise.



If flexibility is limited, only hinge as far as you can bend. It's O.K. not to bend all the way down.

"My feet are rooted and my arms are free."