

## Leg Strengthening Sequence

### Alignment

Hips square to front of mat

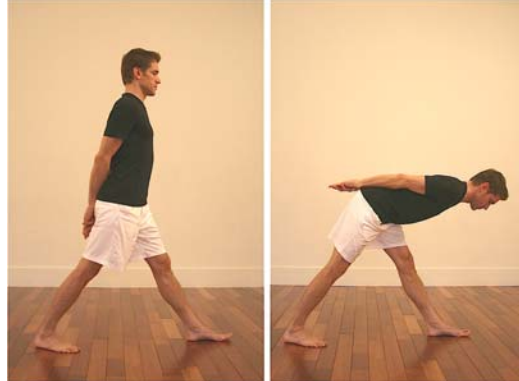
Right foot in line with right hip and left foot in line with left hip



### 1. Warrior 1



### 2. Pyramid



### Alignment

Hips open

Heel of front foot to heel/arch of back foot



### 3. Warrior 2



### 4. Side Angle (Hand into block)



### 5. Triangle (Hand into block)

