

Modified Tree: Levels 1, 2 & 3

Why we do it:

Balance and core strength.
Open and up the hips

Functional Benefit:

Stability



Level 1:

Bend your right knee and cross your leg over the left.

Extend your arms for balance, and keep your toes pointed.

Return to starting position.



Level 2:

Repeat the initial movement. This time, bring your right foot up to your left knee.

Bend your standing leg slightly to help you balance. Rest your foot on your knee

Return to starting position.



Level 3:

Lift your right leg and bend your knee. Hold your ankle to help you.

Open your hip to the side, placing the sole of your foot on the inside of your left leg as high as possible.

Extend your arms for balance.