

## Pedestal Routine

There are two keys to this routine, the first to engage the muscles around your belly button and to breath throughout the duration of each exercises and the second is to be very aware of your “line” or body positions. You should be able to draw a straight line from your foot to your shoulder in each of these three exercises.

### 1. Prone Hand Stand



Start in a push-up position and make sure you have a straight line running from shoulder to heel. Hold for 30 seconds.

### 2. Supine Hand Stand



This is simply a flipped over version of the prone hand stand. Your belly button should be pointed to the sky; everything else- including the straight line from foot to shoulder- is the same. Hold for 30 seconds.

### 3. Side Pedestal



Start by laying on your left side, then prop yourself up so that you have only two contact points with the ground, one being the outside of your left foot and the other being your left hand. Lift yourself off the ground, straightening your arm. Keep your body in a straight line. Hold for 20 seconds on each side.