

Frog Pose



Instructions:

Squat down on the toes..

- *The heels are touching, and raised up.*
- *Place the fingertips on the ground between the legs.*
- *The face is forward.*
- *Inhale as you raise your hips up, keeping the fingertips on the ground, heels up, knees locked.*
- *Exhale down, face is forward, knees outside of arms.*

Checkpoints:

- *The movement is rapid.*

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