

## Range of Motion 102

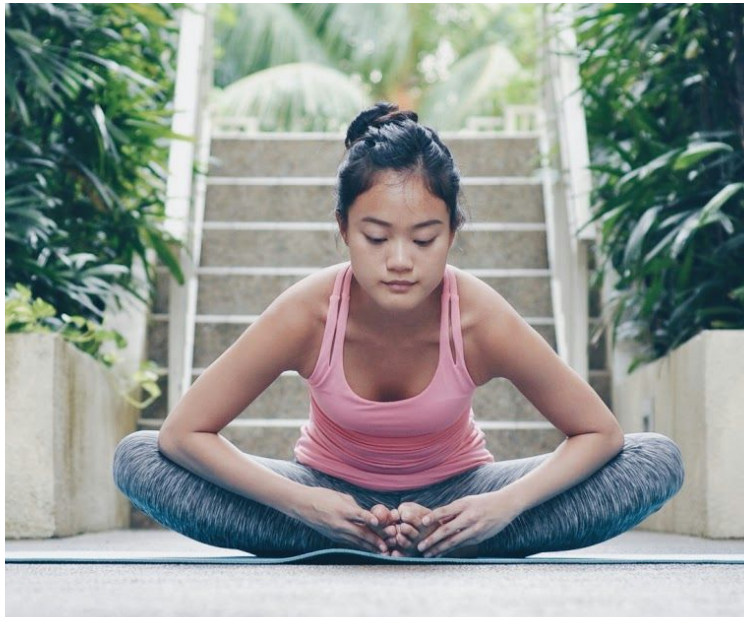
It is important that you relax while doing this sequence. Relax into the position rather than push into the position. If it is too uncomfortable pull back. This can also be run on shorter intervals if you are low on time.

Set the clock for **14** intervals of **2** minutes and complete the following to the best of your ability.

### 1) Down Dog



### 2) Bound Angle



**3) Dragon Flying High Right Leg**



**4) Dragon Flying High Left Leg**



**5) Pigeon Right Leg**



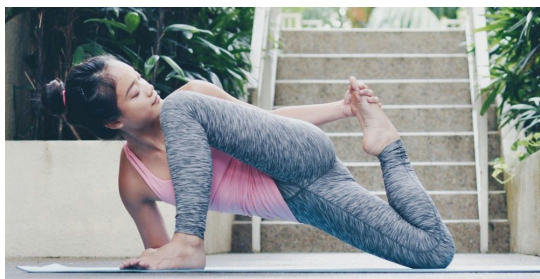
**6) Pigeon Left Leg**



**7) Puppy dog**



**8) Twisted Lizard Right**



**9) Twisted Lizard Left**



**10) Standing Straddle**



**11) Twisted Cross Right Arm**



**12) Twisted Cross Left Arm**



**13-14) Rest**

