

## Appendix 1: Exercise Specific Asanas

<p>Exercise Specific: Extension</p>	<ul style="list-style-type: none"> <li>• <i>Savasana</i> (Corpse)</li> <li>• <i>Chakravakasana</i> (Cat/Cow go to neutral)</li> <li>• <i>Bhujangasana</i> (Cobra)</li> <li>• <i>Urdhva Mukha Svanasana</i> (Upward facing dog)</li> <li>• <i>Ustrasana</i> (Camel)</li> <li>• <i>Salambhasana</i> (Locust)</li> <li>• <i>Dhanurasana</i> (bow)</li> <li>• <i>Dvipada Pitham</i> (Bridge)</li> <li>• <i>Urdhva Dhanurasana</i> (Wheel)</li> <li>• <i>Matsyasana</i> (Fish)</li> <li>• Low &amp; High Lunge</li> </ul>
<p>Exercise Specific: Flexion</p>	<ul style="list-style-type: none"> <li>• <i>Uttanasana</i> (Standing Forward Fold)</li> <li>• <i>Prasarita Padottanasana</i> (standing straddle)</li> <li>• <i>Parsvottanasana</i> (standing split-legged)</li> <li>• <i>Padangusthasana</i> (big toe/foot hand forward fold)</li> <li>• <i>Paschimottanasana</i> (seated forward fold)</li> <li>• <i>Upavista Konasana</i> (seated straddle forward fold)</li> <li>• <i>Halasana</i> (Plow)</li> <li>• <i>Apanasana</i> (hug knees)</li> <li>• <i>Viparita Karani</i> (legs up the wall)</li> </ul>
<p>Exercise Specific: Lateral Shift</p>	<ul style="list-style-type: none"> <li>• <i>Trikonasana</i> (Triangle)</li> <li>• <i>Parsvakonasana</i> (Extended side angle)</li> <li>• <i>Ardha Chandrasana</i> (Half Moon Balance)</li> </ul>