

Appendix 1: Exercise Specific Asanas

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