

# Double leg tabletop position

Starting position: Rest position.

- INHALE to prepare
- EXHALE, float your left leg into the tabletop position
- INHALE and hold this position
- EXHALE, imprint the spine and float your right leg into the tabletop position. Connect your legs.
- Hold both legs in this tabletop position and focus on five breath cycles

Sets: 2   Reps: 10

## Tips

- Breathe!
- Resist the urge to over arch your lower back and lose neutral spine
- Having your knees over your hips makes it easier i.e. the further the knees are away from your head the harder the exercise will be.
- Try to resist the urge to use other body parts (neck, jaw etc.) to do the exercise.

