

Key Shapes

Front Support

- ✓ Support the body on hands and feet
- ✓ Keep arms straight
- ✓ Hold stomach, back and legs in a straight line
- ✓ Keep legs straight and together
- ✓ Shoulder should be directly over hands

To get into the Front Support shape, start on the hands and knees with the hands flat on the floor, then step both feet back one at a time

