



INSTRUCTIONS

BOAT POSE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/boat-pose>

Abs

Core

Extension

Hip Flexors

Turn Out

Turns



Steps:

- Begin in a seated position with your knees bent and your feet flat on the floor.
- Lift your feet off the floor. Keep your knees bent at first.
- Bring your shins parallel to the floor. This is half boat pose.
- Your torso will naturally fall back, but do not let the spine round.
- Roll your shoulders back and straighten your arms roughly parallel to the floor
- Balance on the sit bones for 30 seconds

Modifications:

- [+] boat crunches: Lower the legs and torso simultaneously towards the floor and hover there just before your feet and head touch the floor. Come back up in full or half boat pose like a sit-up. Repeat this five or more times.
- [-] Hold the back of your thighs with your hands