

Left Stance in Right AF IR Position from the Right AIC Pattern



1. Place your right foot in front of you and your left foot behind you.
2. Keep your feet straight.
3. Shift your left hip back and bring your right hip forward. Your pelvis will begin to orient to the left.
4. Place your left arm straight out in front of you at the level of your shoulders and keep your right arm slightly behind you.
5. Reach forward with your left arm as you keep most of your weight on your left lower extremity.
6. Relax and repeat 4 more times.