

Long Seated Alternating Crossovers



1. Sit on the floor and place your hands on your knees. Keep your legs turned in so that your toes are pointed straight towards the ceiling. You should feel your “sit bones.” Your back should be straight, not slouched or arched backwards.
2. Keeping your legs straight, move your right leg forward as you reach your left arm towards your right leg. Your right arm should move behind your body so that your trunk rotates to the right.
3. Hold this position, and inhale through your nose as you attempt to “fill” or expand your left upper back with air.
4. Exhale through your mouth as you maintain this position.
5. Move your left leg forward as you reach your right arm towards your left leg. Your left arm should move behind your body so that your trunk rotates to the left.
6. Repeat steps 2-5 until you have advanced each leg forward 4-5 times. Hold and perform the breathing steps in picture number two only, as this position is more difficult to achieve.
7. Relax and repeat 4 more times.

Reference Center(s): *Left abdominals, Left sit bone, Left heel*