Pretzel

1.	Location
2.	Part Of Body
3.	Number
4.	Part Of Body
5.	Direction
6.	Location
7.	Number
8.	Part Of Body
9.	Verb
10.	Number
11.	Verb
12.	Part Of Body
13.	Direction
14.	Verb

Pretzel

Find a place in the of the room and sit down. Place your left in front of you
and bend you knee to degrees so it's in front of you and your shin in
to the wall in front of you. Relax the foot of your front leg. Shift your weight onto your left hip
, sweep your working leg slightly you, and bend your back knee to about Number
degrees. Place your left hand on the floor about a foot to the side of your left knee and in line with it. Point your
fingers directly forward. Soften your
until you are leaning degrees to the left. Place your right hand on your front shin verb
slightly forward at your waist and lift your Reach your right hand back, take your foot, and
raise it a few inches off the floor. At the same time, press your right hip by tightening your
right seat muscles. Let go of your foot and leave it off of the floor. Place your right hand back on your shin.
Exhale and your right knee one inch off the floor. If your knee doesn't come up, shift your torso
and left hand a bit more to the left.

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