

## **Bicycle**

**Level: moderate to challenging**

Lying on your back bring your knees into your chest and place your hands behind your head with fingers touching. Press your bellybutton towards the floor and bring your right elbow and left knee together. Extend the right leg straight (about 8–12 inches above the floor.) Now bring the left elbow and right knee together and extend the left leg. Repeat the entire sequence 5–10 times.

