

# V-Sit Hold



## 1. Sit on the floor

- Start seated with your legs bent and feet flat on the ground.
- Keep your back straight and shoulders relaxed.

## 2. Lean back slightly

- Slowly lean your upper body back, keeping your chest lifted.
- Engage your core muscles to avoid rounding your back.

## 3. Lift your legs

- Extend both legs straight out in front of you.
- Raise them so they form about a 45-degree angle with the floor.
- **Keep your knees as straight as possible.**

## 4. Raise your arms overhead

- Reach both arms straight up toward the ceiling.
- Keep them close to your ears, like you're making a long, tall shape.

## 5. Hold the position

- Balance on your sit bones, forming a "V" shape with your body.
- Breathe steadily and hold for 5–15 seconds (or as long as possible with good form).

