

## Kinesiology Worksheet (3)

### Meeting 4


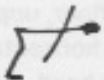


#### Leverage

Taking into account your new-found knowledge of leverage see if you can number the following series of asana according to their level of intensity, noticing how these can make good modifications and staging.

To do this for each asana simply label each version of the pose 1, 2, 3, etc. where 1 is the least challenging and 4 is the most challenging.

If you are unsure then you can of course always physically practice each version of an asana to find your answer, although sometimes two variations may pose different challenges, so the level of intensity will be dependant upon your strengths and weaknesses!



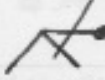

Example:

Uttanasana (standing forward bend)			
 ①	 ②	 ③	
a. Knees bent, hands placed upon the hips arms lower and lift out to sides	b. Knees bent, arms lower and lift out to sides	c. Legs straight, arms lower and lift out to sides	d. Legs straight, arms lower and lift flexed forwards

Here we see:-









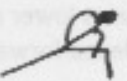





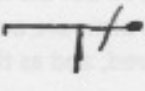
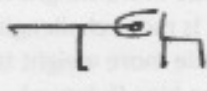




- Is the least challenging as the hands are to the hips and the knees are bent meaning there is less weight to be moved and the effort is close to the hips (fulcrum).
- Is a little more challenging as the arms are out to the sides as we lower & lift so there is a little more weight to be moved but the legs are still bent so the effort is nearer to the hips.
- Is more challenging as the arms are out to the sides as we lower & lift so there is again a little more weight to be moved, and as the legs are straight the effort is further away from the hips (fulcrum)
- Is the most challenging as arms are fully flexed out to the front giving the most weight to be moved as we lower & lift, and as the legs are straight the effort is again further away from the hips (fulcrum).

See if you can do the same for the following asana:

i) Parsvottanasana (Flank Stretch Pose)				
				
a. Hands to hips as lower and lift, front leg straight	b. Arms lower and lift to sides, front knee bent	c. Front leg straight, arms lower and lift out to sides	d. Front leg straight, arms lower and lift out to the front	

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ii)	<b>Ustrasana (Camel Pose)</b>			
				
	a. Hands to lower back, looking forwards	b. Hands to blocks, looking forwards	c. Hands to heels, looking upwards	d. Hands to heels looking forwards
iii)	<b>Trikonasana (Triangle Pose)</b>			
				
	a. Lower hand to thigh, upper arm reaching vertically	b. Lower hand to the block, upper arm reaching vertically	c. Lower arm to the floor, upper arm horizontally over head	d. Upper hand is to the top hip, lower arm to thigh
iv)	<b>Parsvakonasana (Lateral Angle Pose)</b>			
				
	a. Upper hand to the top hip, lower hand to the front thigh	b. Both arms fully flexed, no support upon floor/thigh	c. Upper arm flexed, lower arm to the front thigh	d. Upper arm flexed, lower hand to floor
v)	<b>Virabhadrasana III (Warrior 3 Balance Pose)</b>			
				
	a. Back leg fully extended, arms fully flexed forwards	b. Hands to prayer pose, back leg flexed (bent)	c. Back leg fully extended, arms out to sides (abducted)	d. Arms holding chair for support, back leg extended
vi)	<b>Sarvangasana (Shoulderstand) / Halasana (Plough)</b>			
				
	a. Hands to lower back, legs at 45 degrees	b. Hips to blocks, legs 45 degrees	c. Hands to lower back, legs vertical	d. Hands clasped, arms along ground, feet to floor overhead