

## Preparatory Exercises

# Descending Drop

**Starting Position:** erect, with your left foot completely adherent to the ground, the other foot resting on the toes, heel up.

Descending with the pelvis while inhaling, make the lower abdomen withdraw (the back elongates and the stomach remains close to the upper part of the thigh). Return to the starting position and make the diaphragm drop while exhaling. Repeat 7–11 times.

Invert the position of the feet and repeat the exercise. Pay attention to keep the knee-cap centered on the medial line of the corresponding foot.



**Contraindications:** nothing specific.

**Benefits:** reinforces the feet and lower limbs; significantly improves the perception and awareness of the body center.