

# Ground Control

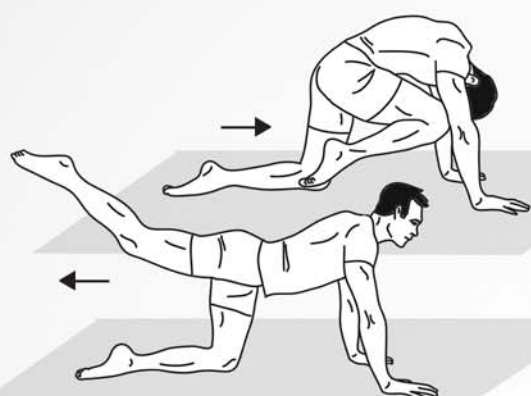
yoga for glutes

by **SPYROS KAPNIAS GARUDANANDA**  
for DAREBEE @ [darebee.com](http://darebee.com)

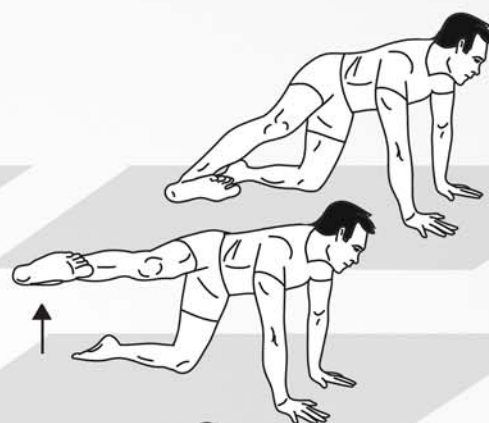
LEVEL I 30 seconds each

LEVEL II 40 seconds each

LEVEL III 60 seconds each



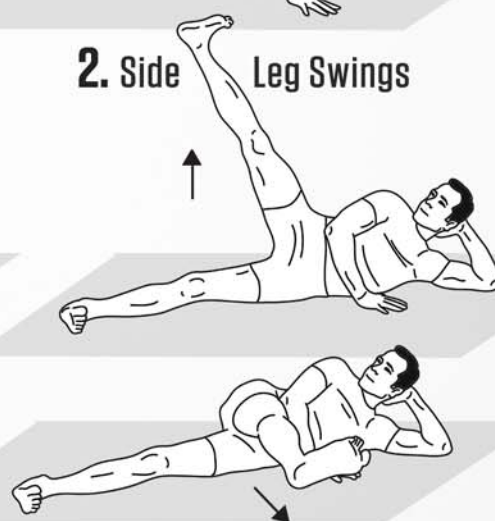
**1. Knee-In and Out**



**2. Side Leg Swings**



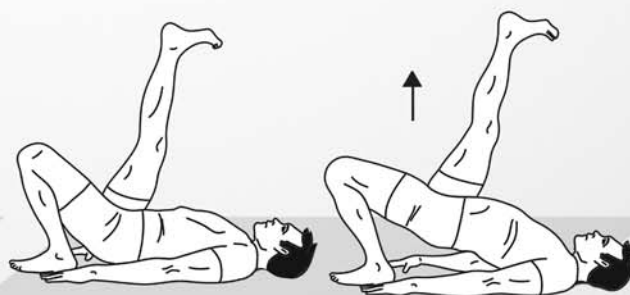
**3. Back Kicks**



**4. Leg Raises Up & to the Side**



**5. Raised Leg Circles**



**6. Single Leg Bridges**