

# Candlestick

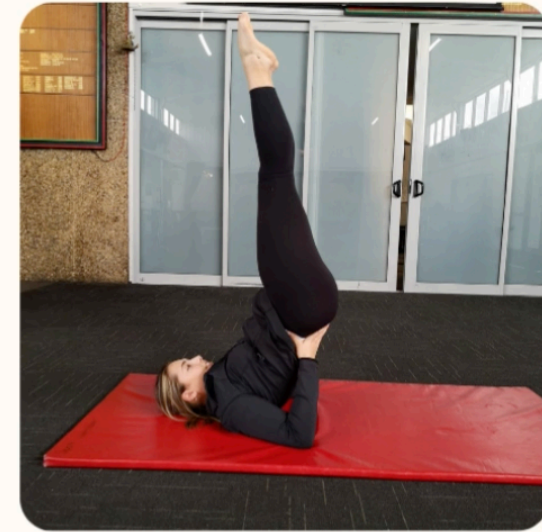
Pose & Hold 🕒

**Lying tuck**

**Legs off ground**

**Tucked Candlestick**

**Candlestick**



**Difficulty**



Arms flat on ground  
Knees tucked in  
Feet flat on ground

**Difficulty**



Arms flat on ground  
Back on the ground  
Legs straight up  
Toes Pointed

**Difficulty**



Arms flat on ground  
Back off the ground  
Knees tucked in  
Toes Pointed

**Difficulty**



Arms supporting hips  
Back off the ground  
Legs straight up  
Toes Pointed