More stories at WordBlanks.com

Pretzel

1. Location _____
2. Part Of Body _____
3. Number _____
4. Part Of Body _____
5. Direction _____
6. Location _____
7. Number _____
8. Part Of Body _____
9. Verb _____
10. Number _____
11. Verb _____
12. Part Of Body _____
13. Direction _____
14. Verb _____

Pretzel

Find a place in the _____Location_____ of the room and sit down. Place your left _____Part of Body_____ in front of you and bend you knee to _____Number_____ degrees so it's in front of you _____Part of Body_____ and your shin in _____Direction_____ to the wall in front of you. Relax the foot of your front leg. Shift your weight onto your left hip , sweep your working leg slightly _____Location_____ you, and bend your back knee to about _____Number_____ degrees. Place your left hand on the floor about a foot to the side of your left knee and in line with it. Point your fingers directly forward. Soften your _____Part of Body_____. _____verb_____ your left hand outward from you body until you are leaning _____Number_____ degrees to the left. Place your right hand on your front shin. _____verb_____ slightly forward at your waist and lift your _____Part of Body_____. Reach your right hand back, take your foot, and raise it a few inches off the floor. At the same time, press your right hip _____Direction_____ by tightening your right seat muscles. Let go of your foot and leave it off of the floor. Place your right hand back on your shin. Exhale and _____verb_____ your right knee one inch off the floor. If your knee doesn't come up, shift your torso and left hand a bit more to the left.

©2026 WordBlanks.com · All Rights Reserved.