

ALL STRETCHING IS SLOW AND HELD FOR 20 SEC

STANDING - CHIN TUCK AND PINCH SHOULDER BLADES BACK

HOOK-LYING – HANDS BEHIND THE HEAD BRING ELBOWS TO FLOOR AND PUSH DOWN

HOOK-LYING – RAISE ARM TO SHOULDER LEVEL AND BEND THE ELBOW, PULL ARM ACROSS YOUR CHEST

HOOK-LYING - BRING ARMS ALL THE BACK OVER YOUR HEAD AND KEEP THEM AS CLOSE TO YOUR EARS AS YOU CAN

HOOK-LYING – PULL KNEES TO CHEST AND HOLD THEM TIGHT AGAINST YOUR TRUNK WITH YOUR ARMS

HOOK-LYING - PLACE ARMS OUT TO SIDE 90 DEGREES AND ROTATE LEGS TO THE SIDE WHILE KEEPING ARMS ON THE GROUND (ALTERNATE CROSS OVER)

ALL STRENGTHENING IS SLOW WITH A 5 SEC HOLD AND A SLOW RETURN TO STARTING POSITION

HOOK-LYING – ARMS BEHIND THE HEAD AND RAISE UPPER TRUNK UP (KEEP NECK RELAXED IN LINE WITH BODY)

SIDELYING- USE TOP ARM TUCKED AGAINST YOUR SIDE AND ELBOW BENT TO 90 DEGREES, SLOWLY ROTATE FOREARM UP WITH APPROPRIATE WEIGHT (5 SEC HOLD WITH SLOW RETURN)

QUADRUPED – MODIFIED PUSH UP POSITION WITH KNEES ON FLOOR AND SHOULDERS FLEXED UP, KEEP ELBOWS STRAIGHT AND PUSH DOWN INTO FLOOR TO RAISE BACK (REMEMBER SLOW WITH 5 SEC HOLD AND CONTRACT YOUR ABDOMINAL MUSCLE SO YOUR BACK DOES NOT SAG)

QUADRUPED- ALTERNATE RAISING L ARM WITH R LEG & R ARM WITH L LEG. PERFORM SLOWLY AND HOLD FOR 5 SEC, KEEP ABDOMINALS CONTRACTED

QUADRUPED- HOLD APPROPRIATE WEIGHT, SHIFT YOUR WEIGHT OFF MOVING SHOULDER AND PINCH YOUR SHOULDER BLADE BACK