



### **Limb Extension**

Start on your hands and knees, wrists under shoulders and knees under hips. Throughout the exercise maintain a long and neutral spine from tail bone to crown of head. Keep your belly in and chest lifted away from the floor.

Extend left leg back and press sole of foot onto the wall. Raise right arm up to ear. Maintain stability as you shift forward, away from the wall. Hold. Gracefully lower arm and leg and repeat on the other side.