

Confusion

1a. Start lying on your back with hips and knees bent. Space your feet and knees about fist distance apart. Pushing with your right foot, allow the legs to fall to the left till about 45degrees. Then contract with muscles of the back, bringing the legs back to original position

1b. Get into position above at 1a. Grasp opposite forearms and repeat leg movement as the hands pull to the opposite side, each time your knees switch sides.

1c. same position as above. Now follow exercise as before and let the head roll towards the same side the legs are going toward, in opposition to the arms. Make sure the muscles of the back are contracting.

1d. now follow the hands with your eyes. Still repeating all of the above.



Milk the Cow

2a. Take a towel. Put the end of the towel under one of your arm pit. Then wrap the towel around the back, coming over the opposite shoulder.



2b. Holding the part that is over the shoulder, twist the towel till you can't twist it any more. Then slowly pull downward, stretching neck away from the towel.



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Repeat _____ times.