

Thoracic Kimtastic

1a. Sit on the floor, with knees bent and ball behind your upper back against the wall.

1a.



1b. Clasp your hands behind your neck, and arch your upper back as you push into the ball. Tuck chin, keeping your head on the ball. Pinch your shoulder blades together, bringing your elbows back towards the wall.

1b.



Hold 2-3 seconds, then release.

Repeat ___ times.

Arm Reaches on Foam Roller

2a. Lying with your spine parallel to the foam roller, press knees together firmly while contracting your core and pelvic core. Have your feet as close together as possible while maintaining balance on the foam roller. Reach up with your arms extended towards the ceiling, with palms together.

2b. Exhale, as you reach out to the side with your right arm as far as you can without losing your balance.

2c. Inhale to bring your arm back to center. Try to minimize any movement or weight shifting on the foam roller.

2d. Repeat reaching out to the side with the opposite arm.

Alternate back and forth ___ times.

2a.



2b.



2c.



2d.



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