

## Crab

Sit on a chair with your feet slightly wider than hip width apart. Toes and knees are pointing slightly outward.

Press your hands downwards onto your thighs to lengthen your spine. Your sits bones are sinking down into the seat as you lean forward hinging at your hip crease and maintaining a neutral spine. Rest elbows onto thighs. Gently press your elbows backwards as you lengthen your spine longer, the crown of your head reaching forward.

