

Full Spine Stretch (4 Positions)

1a. Press tailbone to the ceiling and heels toward the ground. Keeping shoulders open, bring chest toward toes.

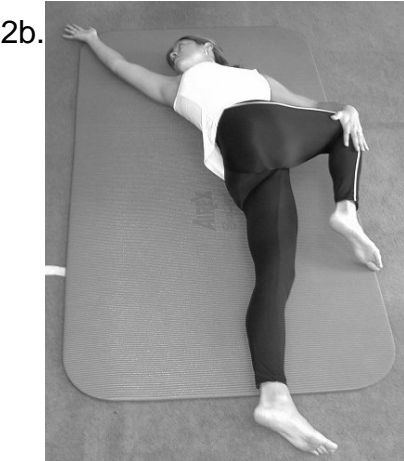
1b. Move into plank position with arms directly under shoulders. Squeeze shoulder blades down and back; tighten abdominals and buttocks.

1c. With butt raised, sweep chest toward the ground. Keep elbows close to your torso. You may place knees on the ground to decrease difficulty.

1d. Roll onto tops of feet, extending elbows and lifting chest. Lengthen the spine. Do not crunch the low back.



Spinal Twist



2a. Lie on your back. Holding behind right knee, pull it toward your chest.

2b. Rotate your spine by guiding the right leg across your body toward the floor. Gaze at the right hand as you extend it out to the side and overhead.

Hold 30-45 seconds. Repeat on opposite side.

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