

Jeannie in the Corner

1a. Back into the corner until shoulders touch the wall. Stand with feet together, away from the wall. Place elbows on the wall at shoulder height.

1b. Exhale as you push away from the wall with elbows, actively squeezing shoulder blades. Inhale as you lower back into the corner. Keep abdominals engaged throughout. Repeat ___ times.

1a.



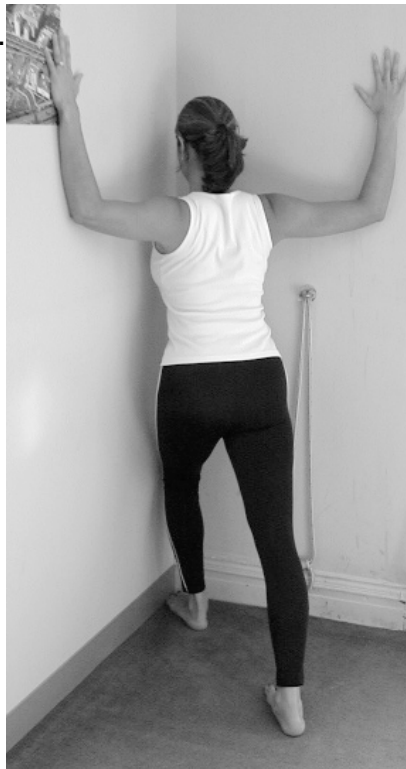
1b.



2a.



2b.



Corner Lean

2a. Stand with feet staggered and one foot in the corner. Place forearms on the wall.

2b. Shift your weight onto forward foot until you feel a stretch across the chest. Do not arch lower back. Hold 45 seconds.

580 Market Street
Suite 200
San Francisco, CA 94104
P: 415-788-2100
F: 415-788-2102