

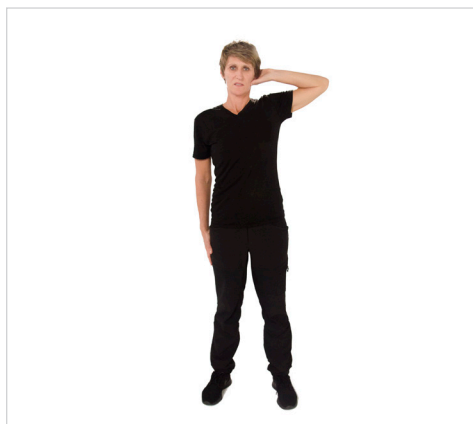
SIDE TO SIDE

POSITION

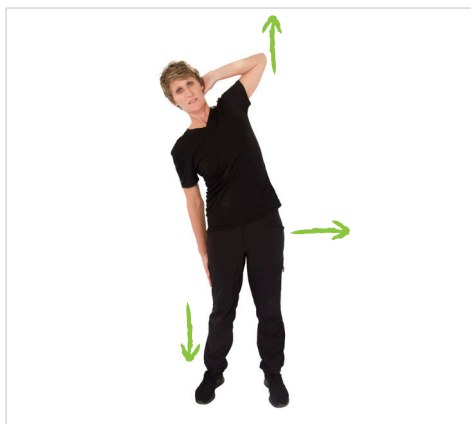
1. Feet shoulder width apart.
2. Right arm by side. Left hand behind head – open elbow wide (Step 1).
3. Push hips to the left – right hand down leg and left elbow up to ceiling (Step 2).
4. Hold for 5 seconds and breathe in to the left side.
5. Repeat with opposite side.

NUMBER

x 5 each side



STEP 1



STEP 2

Make sure:

- Hips face straight ahead (don't twist).
- Keep top elbow as wide as possible - bring forward if any discomfort.

Breathing:

- Breathe out as slide arm down leg. Breathe in as hold. Breathe out as return.

It is good for:

- Mobility & relaxation upper and lower back.
- Opening chest and ribs.
- Shoulder mobility.

