

PRAYER STRETCH

POSITION

1. Stand up straight – hands together – elbows pointing out in.
2. Keeping hands together and elbows pointing out – pull hands as far away from body as possible (Step 1).
3. Take hands up and bring elbows together (Step 2).

NUMBER

x 5



STEP 1



STEP 2

Make sure:

- Step 1 – keep hands together and elbows pointing out
- Step 2 – keep elbows and hands the same distance away from body as bring elbows together (don't be tempted to bring elbows closer to chest)

It is good for:

- Stretching forearm muscles.
- Stretching neck and mid back.
- Wrist mobility.
- Neural mobility.

Breathing:

- Breathe out as elbows come together – Step 2
- Breathe in as elbows point out – Step 1