

Seal/prayer/cat

Created by Dr. Aaron Ford Feb 7th, 2024

View at www.my-exercise-code.com using code: H5VECM9



PRONE ON ELBOWS

Lying face down, slowly press up and prop yourself up on your elbows.



Repeat 10 Times
Complete 1 Set

Hold 10 Seconds
Perform 3 Times a Day

CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



Repeat 3 Times
Complete 1 Set

Hold 10 Seconds
Perform 3 Times a Day

CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.



Repeat 12 Times
Complete 1 Set

Hold 1 Second
Perform 3 Times a Day