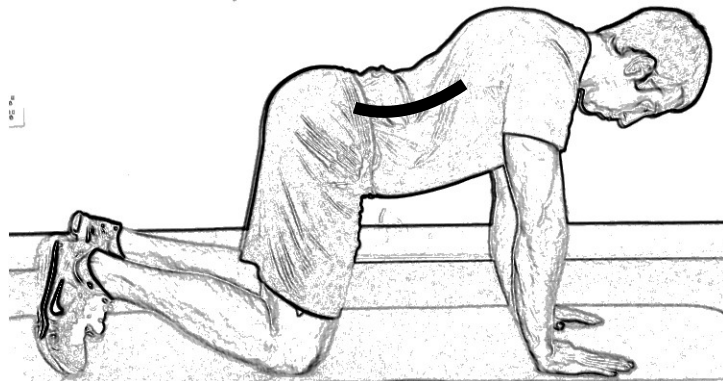
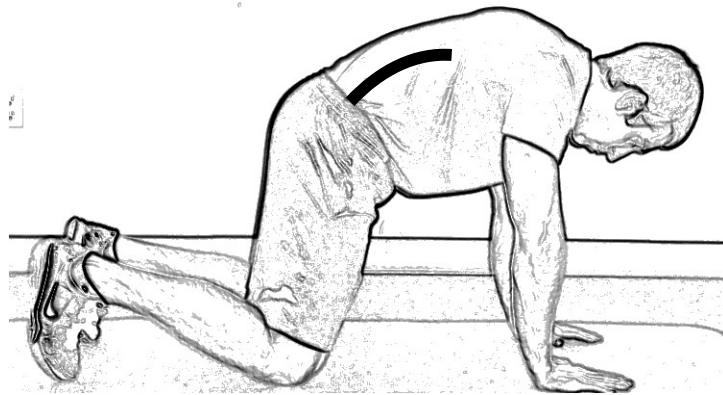




## Angry Cats



- Start on your hands and knees with your hands directly underneath your shoulders, and knees underneath your hips.
- While trying to keep your shoulders and head still, tuck your pelvis up, creating a rounded lower back. (think of your belt buckle raising toward the sky)
- Next, reverse your pelvis tuck to create an arched lower back.
- Repeat the previous two steps in a fluid, controlled motion.
- This will help create both mobility and stability in your pelvis.