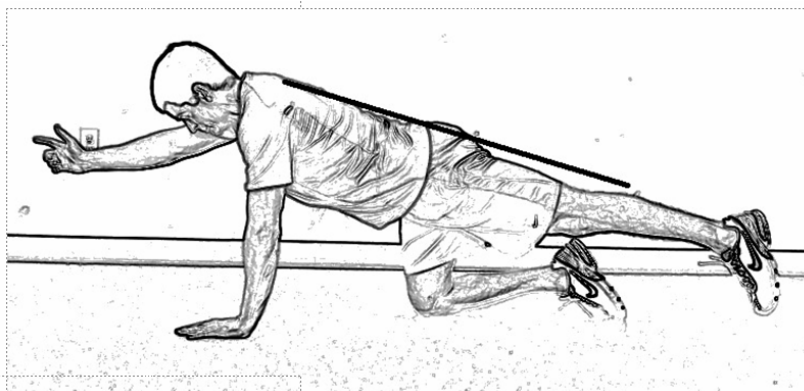
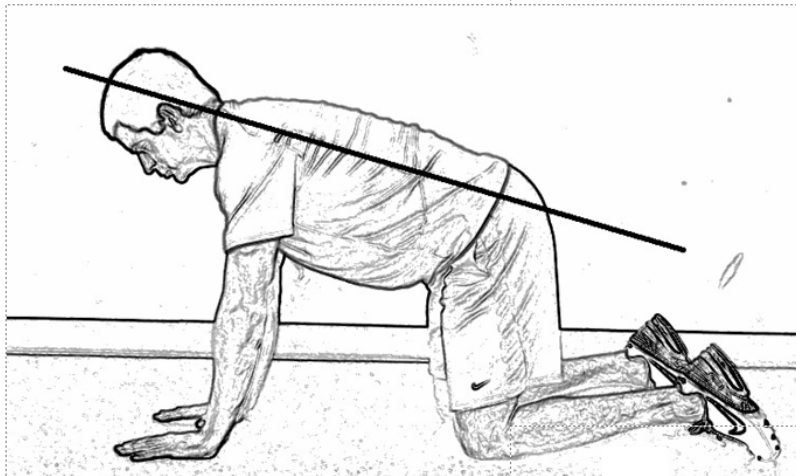




Kneeling Opposites



- Start on your hands and knees with your hands directly underneath your shoulders, and knees underneath your hips.
- While trying to maintain a neutral spine, (shown above with the black line) push your left leg back and squeeze your left glute. Raising your leg any higher than the picture will cause your lower back to arch.
- Next raise your right hand and point it straight in front of you, creating an unstable base.
- Hold for three seconds. This creates stability within your core and pelvis.
- Bring your hand and leg back to resting position and repeat with the right leg and left arm.