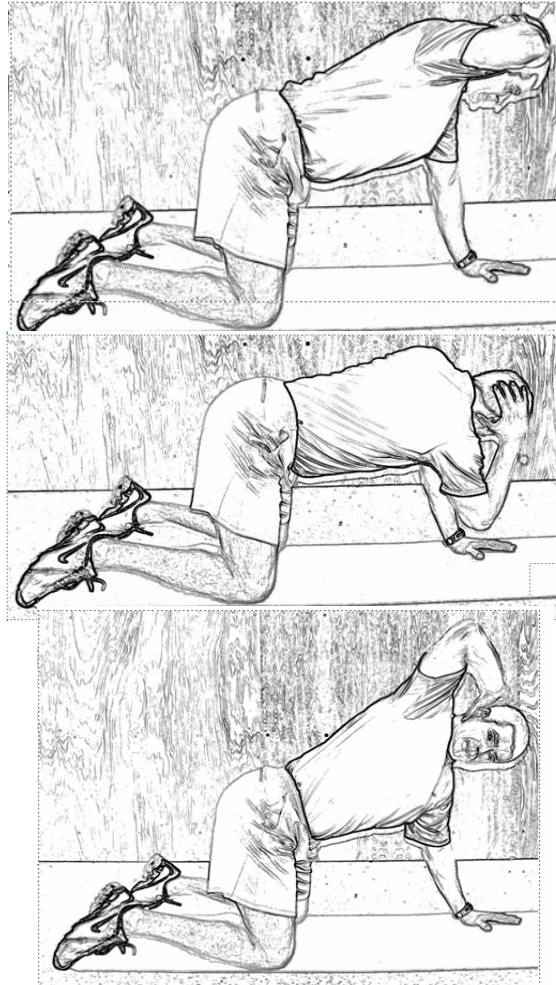


Kneeling Sprinklers



- 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 and steady hips, place your right hand behind your head.
- Point your right elbow to your left wrist.
- Next, rotate out and raise your right elbow toward the sky while keeping your hips square.
- Hold for three seconds at the top.
- Repeat, then switch arms.
- This stretch will help create separation between your upper and lower body.