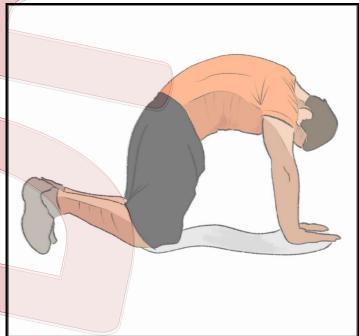
Exercise Spotlight Cat Cow

Muscles Worked	- Erector Spinae, Transverse Abdominis
Benefits	 Improve spine flexibility and mobility Promote meaningful postural habits Ease back, neck, and shoulder pain
Precautions	- Work within your flexibility limitations and ensure that the exercise is performed in a comfortable range of motion
Instructions	- Begin on the hands and knees with a neutral hip position. The hands should be under the shoulders and the knees under the hips - Practice strong posture in this position, thinking about keeping the shoulders drawn back, chest big, and the abdominals braced - Inhale as you lower your head and posteriorly tilt the hips, sucking your stomach in and lengthening the muscles along the back - Exhale as you lift your chest, dropping the shoulders down and back and shortening the muscles along the back to return to a neutral hip position - Repeat for desired number of sets and repetitions, moving fluidly from position to position

Start and Finish

Mid Point





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