

Exercise Spotlight

Cat Cow

Muscles Worked	- Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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

