

SEMI SQUAT

POSITION

1. Feet shoulder width apart.
2. Step 1
 - Butt back & weight in heels - stretch arms forward with chest up.
3. Step 2
 - Drive through heels & breathe out to stand up.

NUMBER

x 10



STEP 1

Do this movement gently. Limit movement if any discomfort in neck or shoulders.

Make sure:

- Push butt back as arms come forward.
- Limit arm movement if any neck or shoulder discomfort.

Breathing:

- Breathe in as move into Step 1.
- Breathe out as drive through heels & stand up (Step 2).

It is good for:

- Hip joint & thoracic mobility.
- Relaxation lower back.
- Re-enforcing balance principle.
 - Butt back - weight in heels.
 - Push imaginary crates back.
- Re-enforcing Lifting Principle.
 - Butt Back, Chest Up, Breathe out.