

# WAKE UP STRETCH

Do the following in one movement:

- Breathe out.
- Eyes look up and mouth opens.
- Chest lifts (buttons to the sky).
- Hips drift backwards.
- Thumbs rotate outwards.

## NUMBER

x 3



### Make sure:

- Limit movement if neck pain looking up .
- Chest lifts as look up with eyes.
- Hips drift backwards with weight in heels.

### It is good for:

- Mobility upper back.
- Strength upper back.
- Opening chest and shoulders after forward postures.
- Posture.

### Breathing:

- Breathe in before you move – breathe out as you move.