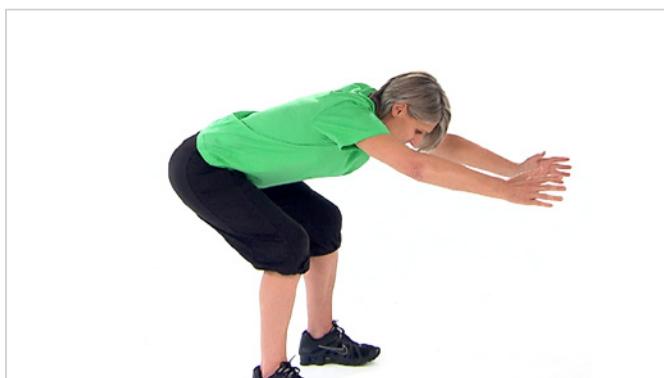


# FORWARD AND BACK POSITION

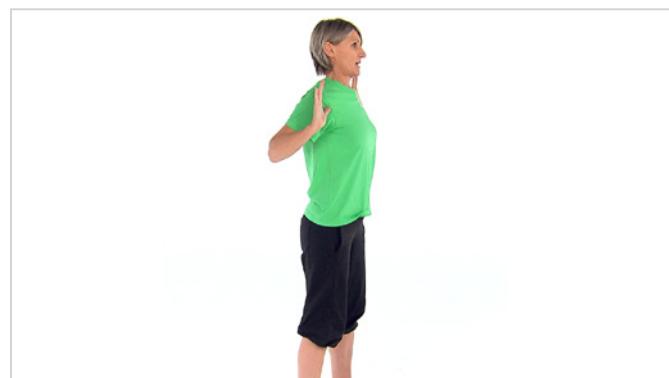
1. Feet shoulder width apart.
2. Step 1:
  - Butt back & weight in heels. Stretch arms forward with thumbs pointing up.
3. Step 2:
  - Hands level with shoulders.
  - Squeeze shoulder blades together and tuck chin in.

## NUMBER

x 10



STEP 1



STEP 2

Limit arm movement if any neck or shoulder discomfort

### Make sure:

- Step 1:
  - Butt back – weight in heels.
  - Eyes look down.
- Step 2:
  - Chin tucked in.
  - Don't arch your lower back.

### It is good for:

- Hip joint mobility.
- Re-enforcing First Move balance principle.
  - Butt out & Weight in heels.
- Opening chest after forward postures.
- Mid back strength.

### Breathing:

- Step 1: Breathe in.
- Step 2: Breathe out.