

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.

Breathing:

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

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.

