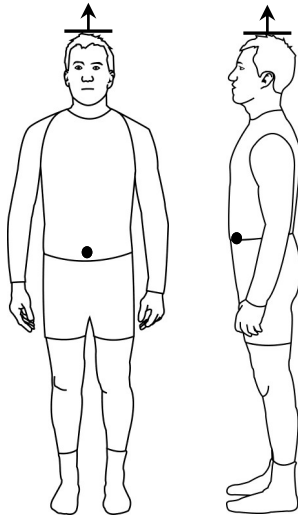


POSTURE EXERCISE



- ↪ Elongate and stabilize spine by imagining balancing a tray on your head, then press tray to ceiling.
- ↪ Tighten abdominal muscles.
- ↪ Breathe normally.
- ↪ Hold stretch for 20 seconds. Repeat 2 times.

Material taken from Flexibility Exercise Guide by Jay L. Tapper
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