



SPINAL MOBILITY



INSTRUCTIONS

Step 1: Start in the quadrupedal position, on your hands and knees

Step 2: Lift your spine towards the ceiling, rounding it and hold that position for ____ seconds

Step 3: Push your spine towards the floor, arching it and hold that position for ____ seconds

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____