

Cobra

Start position: Prone

Level 1:

Place your hands either side of your head support, pull the shoulders down away from the ears. Inhale to prepare, exhale lift your head and chest away from the floor arching your back, keep the pelvis and thighs down on the floor, inhale to return back down.



Level 2:

Place your hands under your shoulders, pull your shoulders down away from your ears and keep your elbows tucked into your waist. Inhale to prepare, exhale lift your head and chest away from the floor, keeping the pelvis and thighs on the floor. Keep the tummy and buttock muscles activated during the movement to ensure you stretch without hinging on the joints in your back.

