



## ON HANDS AND KNEES

### Cat and Camel

- Purpose:** Flexibility of lumbar spine
- Position:** On hands and knees. Start with low back in neutral position.
- Action:** Round your back as far as you can - Hold for 10 seconds. Then sag your back and hold. Make the movement come from the pelvis. Your arms should not bend.

Do \_\_\_\_\_ times a day.

\_\_\_\_\_ repetitions