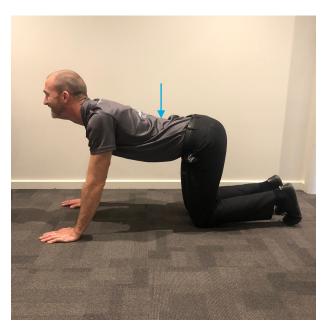
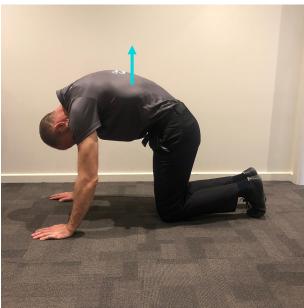
Core 1 Stretch (Cat Camel)





Start by arching your lower back, by lowering your core to the floor. Hold this position for 5-10 seconds

Then, reverse the position by curling your back and pushing it towards the ceiling. Hold this position for 5-10 seconds as well.

For maximum benefit complete 3 sets of 10-20 reps of this exercise, morning and night.

