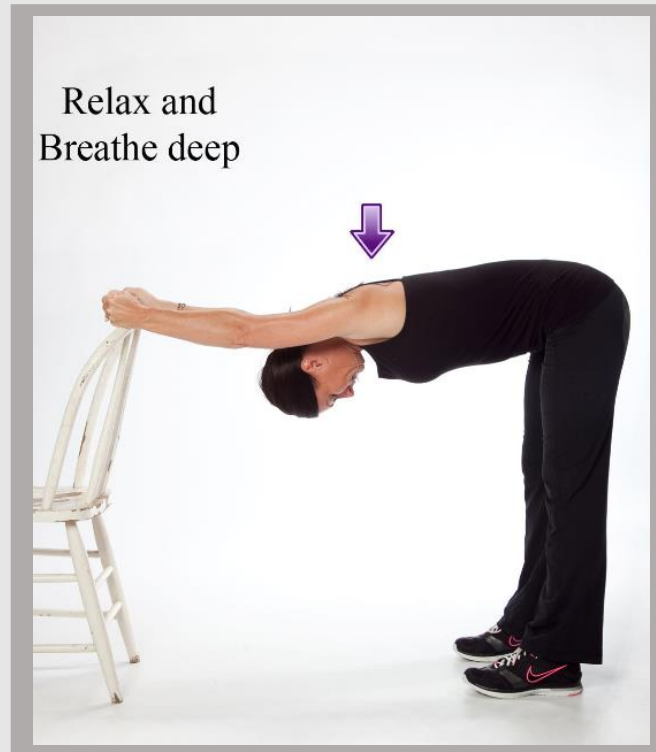


Counter Stretch



Instructions

1. Stand facing a table or counter that is about waist high.
 2. Keep your feet pointed straight and place your hands on the counter.
 3. Walk your feet back so that your weight is over your toes. Make sure to maintain hips, knees and feet in alignment.
 4. Tilt Pelvis to place arch in your lower back (belly down, butt out). Keep elbows locked and tighten your quads.
- » The counter may be lower than waist if you are more advanced or higher if you are just starting.

Duration:

Repetitions:

Frequency: