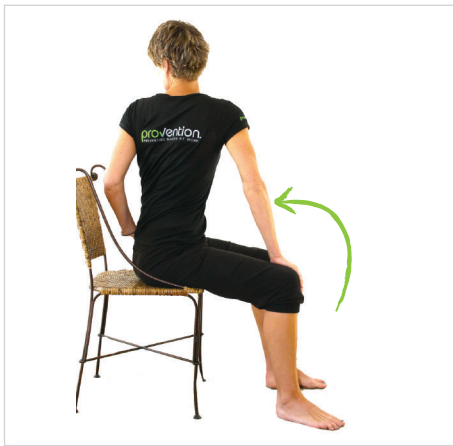


# CHAIR TWIST

## POSITION

1. Sit on edge of chair – knees shoulder width apart.
2. Twist to left (Step 1)
  - left hand to pocket.
  - right hand pushes through right knee to increase rotation.
  - get taller as twist.
3. Repeat to right (Step 2).



STEP 1



STEP 2

### Make sure:

- Get taller as you twist.

### Breathing:

- Breathe out as twist.

### It is good for:

- Spine movement and nutrition.
- Mobility – mid and upper back.
- Opening chest.
- Relaxation through rib cage.