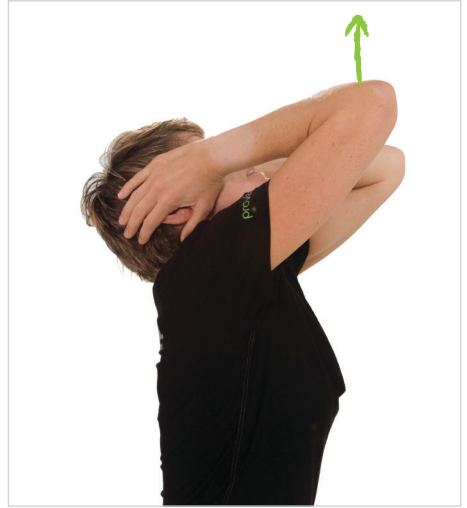


ELBOWS UP POSITION

1. Hands over ears – elbows pointing straight ahead (Step 1).
2. Squeeze butt muscles – lift chest and elbows as high as possible (Step 2).



STEP 1



STEP 2

Do this movement gently. Stop if any discomfort in neck or shoulders.

Make sure:

- Keep elbows facing forward throughout the movement – don't let them drift outwards.
- Keep butt squeezed throughout movement.

Breathing:

- Breathe in at Step 1. Breathe out as lift elbows up (Step 2).

It is good for:

- Upper and lower back strength.
- Opening chest after forward postures.
- Shoulder mobility.