

PRAYER STRETCH - SITTING

POSITION

1. Sit up straight – wrists in prayer position.
2. Keeping hands together & elbows pointing out – pull hands as far away from body as possible (Step 1).
3. Take hands up & bring elbows together (Step 2).

NUMBER

X 5



STEP 1



STEP 2

MAKE SURE

- Sit up straight through out exercise.
- Keep hands the same distance away from body in Step 1 & Step 2.

BREATHING

- Breathe out as elbows come together (Step 2). Breathe in as elbows return out to Step 1.

IT IS GOOD FOR

- Stretching forearm muscles.
- Stretching neck & mid back.