

Cobra/ Spinal Extension

Starting Position: Lying faced down on your belly toward the floor.



1. Pull shoulder blades down and in, have elbows tucked close to Body.



2. Press hands into floor
Pull shoulder blades down and in.
Your front chest should be lifted, but only lift as high as you are able with out compressing your lower back



Cobra/ Spinal Extension:

This stretch helps to activate the muscles along the spine.

FYI: The Spinal Extension also known as Cobra pose is a great way to strengthen both your back and abdominal muscles and can also encourage digestion.