



&



present

Supine Rotational Stretch

By Kathleen Simpson, Pilates Instructor at Core Link Wellness Centre

A great stretch to open back and pectoral muscles!



Abdominals lifted up and connected in front. Lay on your side, like sitting on a chair. Arms are out front to start.



Arm reaches up and rotates behind you along with head/eyes so you're looking behind yourself.



Give this a few minutes of deep breathing for your muscles to loosen and rotate. Keep knees together. Return to beginning. Do this a second time to each side.

905. 592.0095

www.corelinkwellness.com