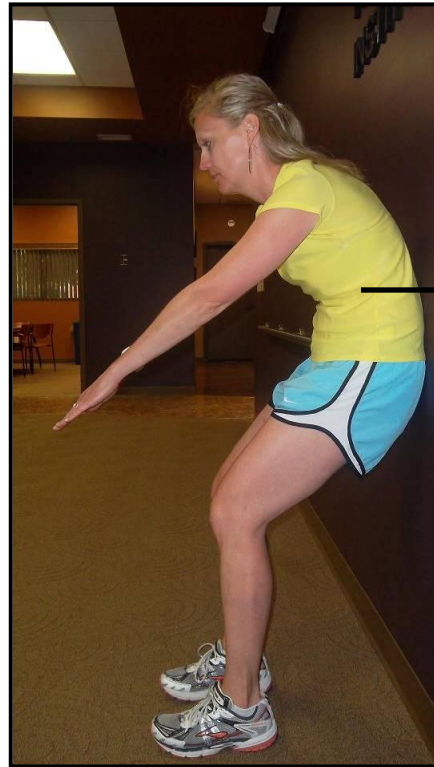


Standing Wall Supported Reach



1. Stand facing away from a door, and place your heels 7-10 inches from the wall.
2. Stand up straight with a ball between your knees and feet shoulder width apart.
3. Bring your arms out in front of you as you round out your back, performing a pelvic tilt so your lower back (mid-back and down) is flat on the wall.
4. Squat down slightly as you squeeze the ball.
5. Keeping your lower back flat on the wall, inhale through your nose.
6. As you exhale through your mouth, reach your arms forward and down so your upper back comes off the wall (your lower back should stay flat on the wall).
7. Hold your arms steadily in this position (reach), as you inhale through your nose again and expand your upper back. You should feel a stretch in your upper back.
8. Exhale and reach further forward. You should feel the muscles on the front of your thighs and outer abdominals engage.
9. Repeat this breathing sequence for a total of 4-5 deep breaths, in through your nose and out through your mouth.
10. Slowly stand up by pushing through your heels, keeping your lower back flat on the wall.
11. Relax and repeat 4 more times.

Reference Center(s): *Left abdominals, Left heel, Right arch*