

WALL STRETCH



Starting Position

- Stand with your feet about 10cm from a wall
- Place your arms back onto the wall with your elbows bent
- Keep the back of your hands and forearms as close as you can to the wall



Movement

- Exhale. Engage your lower abdominal muscles and keep your spine in a neutral position as you raise your elbows up the wall
- Go as far as you can while keeping the back of your hands and forearms on the wall and don't arch your back
- Inhale and hold in this position for 5 seconds before returning to the starting position
- Repeat 3 – 5 times

Notes:

- It is important to try and keep your back from arching while you are doing this exercise