

KNEELING OVERHEAD ARMS

- Kneel on floor, knees together, feet spread to rest buttocks on floor.
- Sit up out of you hips, raise arms in front to shoulder height.
- Interlock fingers, extend arms straight above head to vertical with palms facing the ceiling.
- Lift the chest, lower shoulder blades down from neck.
- Extend arms as if to press pads of thumbs to ceiling.
- Lower arms to shoulder height, change interlock and repeat.

Benefits

- Strengthens the musculature around shoulder area.
- Lengthens spine.

Beginners Advice

- Take breath to areas of resistance.

Challenge

- Hold pose and focus on length of spine.

Adjustments / What to look for

- Make sure shoulders stay down and head is extended.
- Lifting out of hips.
- Palms facing the ceiling.

