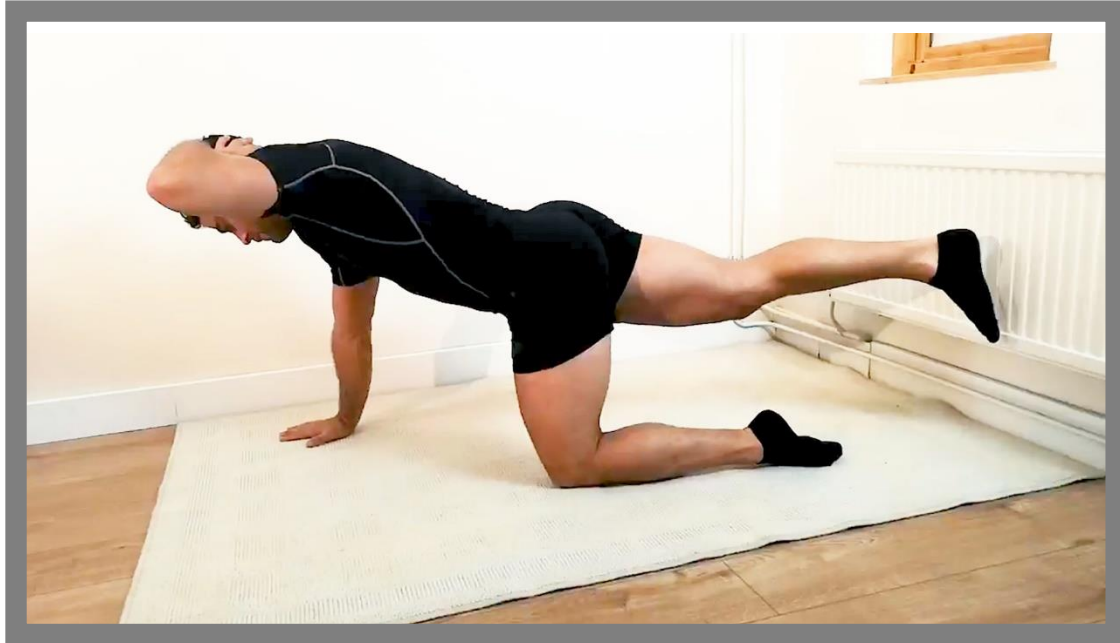


STRENGTHENING OF THE TORSO & CORE

CORE100



AREAS AFFECTED

**Muscles of the thoracic spine.
The abdominal muscles.
The core.**

ADVICE

Position yourself on all 4's. Place one hand over your neck. Attempt to rotate that arm towards the opposite knee which is being flexed towards the opposite site.