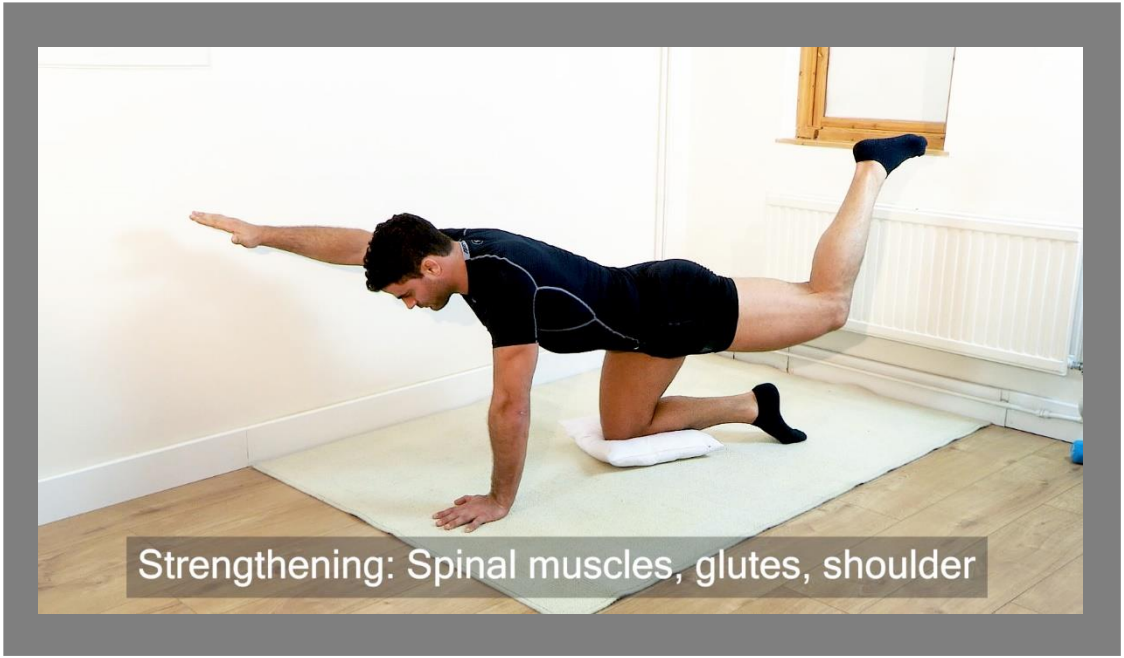
SPINE & GLUTES STRENGTHENING

CORE104



AREAS AFFECTED	ADVICE
Spinal muscles, Lumbar, Thoracic & Cervical, The Rhomboids, The Scapulae	Kneel on a mat on all 4's. Raise one arm in front of you and at the same time extend the opposite leg and hip. Hold. To strengthen glutes, bend your knee.