

HANGING OVER

POSITION

1. Step 1
Feet shoulder width apart – hang onto elbows.
2. Step 2
 - a. 'Push crates back' – with weight in heels.
 - b. Head relaxed & knees soft.
 - c. Hold 10 seconds (or as long as comfortable).
 - d. Push through heels as roll back up to standing.

NUMBER

X 2 repetitions.



Make sure:

- Keep weight in heels.
- Arms and head relaxed.
- Push through heels as return to standing.

It is good for:

- Lower back, upper back, neck and hamstring stretch.
- Re-enforcing Balance Principle
 - Push crates back.
 - Weight in heels.

Breathing:

- Breathe out as roll down & breathe out as roll up.
- Breathe comfortably through-out stretch.