

Founders

Begin with feet shoulder-width apart standing slightly pidgeon, arms at your side with your palms facing out. Take a deep breath in your chest and hinge at your hips slightly. Bend knees slightly and, keeping the weight in your heels, **slowly** bring your arms straight out in front of your chest and hinge a little more at the hips to counterbalance your arms coming forward. Now raise your arms over your head - remember to breathe!

Frequency: 5 repetitions each, daily.

Modified Version: Slight bend at the knees and hinge at the hips- just bring your arms out to your side

