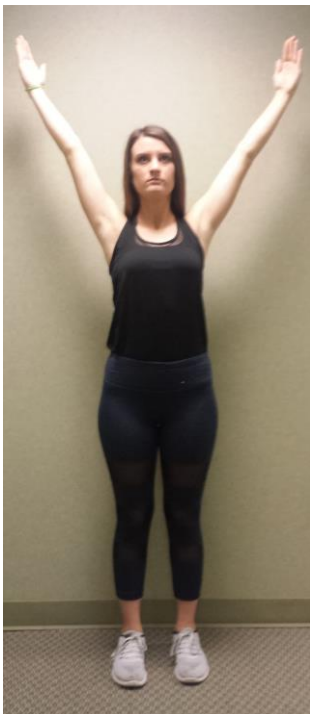


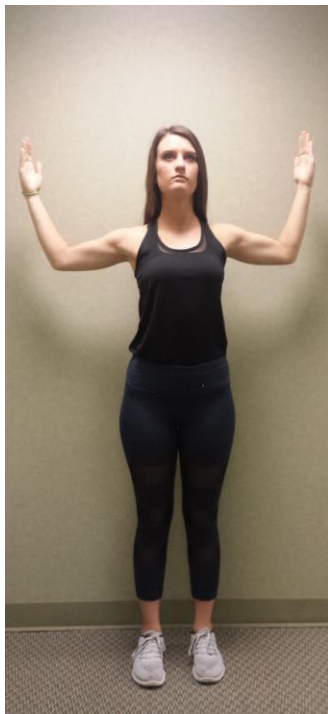
YWTL

- Hold your arms above your head in a Y position, don't let your elbows drop down
- Make sure that your thumbs are pointing backwards
- Lengthen your spine – imagine someone is pulling you up from your head
- Tuck your chin in – do not allow it to jut forwards
- Tuck your tummy in – do not allow your lower back to arch or your tummy to stick out
- Take a deep breath in for 3 seconds, then breathe out for 3 seconds, as you breathe out pull your shoulder blades closer together.
- Repeat another 2 times. On each subsequent breath out, pull your shoulder blades closer together.
- Each breath out is like a ratchet, do not let your shoulders come forward at all during the exercise, they become further back on each breath out.
- Repeat the above in the W, T and L positions.

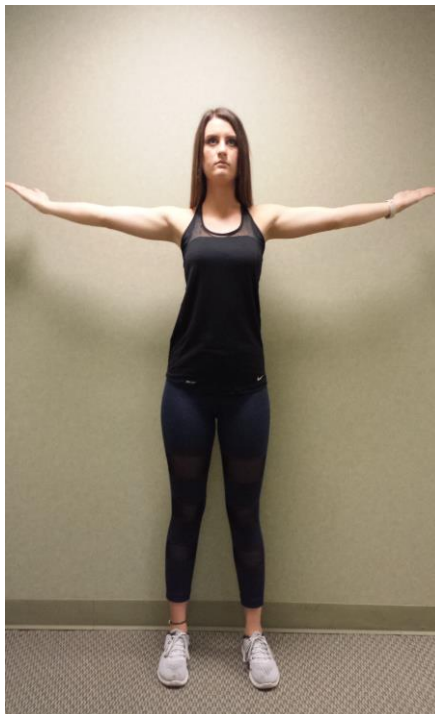
Y



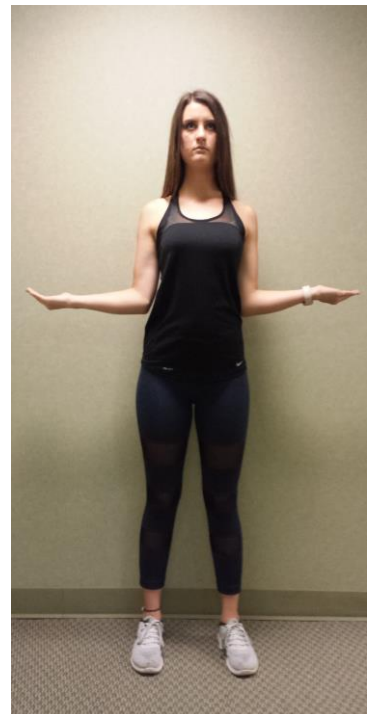
W



T



L



Don't Forget

Thumbs back – Lengthen spine – Chin in – Tummy in