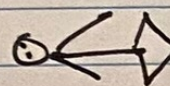
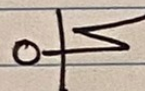
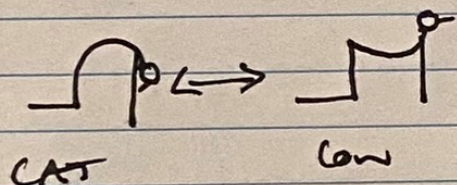


JACK

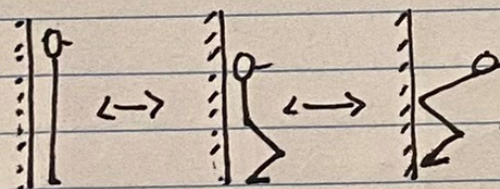
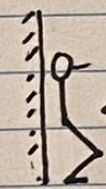
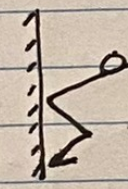
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 over bolster / rolled towel

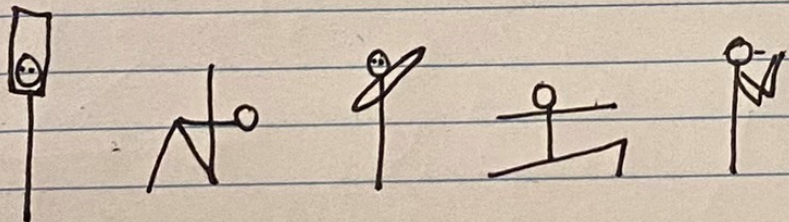
 x5 ea side


CAT cow x10 (thunk tail bone tilt)

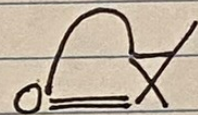
 $\downarrow \uparrow$ (to standing)
Hold 45s x 4

 $\leftrightarrow$  $\leftrightarrow$  x5

Flat back, hinge @ hips
Chest forward, shoulders back.



Twist
Hips, Knees do not move.



2 x 20 breaths



Do all or some of these
@ any one time.

Aim for 15m 3x WK.