

Arch

- ✓ Start by lying down on your stomach
- ✓ Hold arms straight out above the head
- ✓ Legs straight and together
- ✓ Point fingers and toes
- ✓ Raise head, shoulders and arms slightly off floor
- ✓ Raise legs to same level as arms

If you find the Arch difficult, practice lifting one arm and/or leg at a time

