

TRUNCAL MOVEMENTS

from the waist up

On the back



Lie on back.
Knees straight and legs
flat-always. Arms at sides.



Keeping body and head nice and
flat, bend to the right.
Touch right hand to right knee.
Bend should be at the waist, not
the hips.
Lower half of body stays in place.



Straighten out and bend to the
left in one big, sweeping motion.
Touch left hand to left knee.
Bend should be at the waist, not
the hips.



Swing to the right again.

On the stomach

Lie on stomach. Sarrie
movements as above.

Counting: Each time you swing
counts as 1.

Remember: Bend at the waist,
not the hips.