

Side-Lying Rotation

- Lay on your side with head and top leg supported. Leg support can be a foam roller, rolled up yoga mat or cushion. Bend top leg so that hip is above 90 degrees. Neck support can be a pillow, rolled up towel or anything that will allow your neck to relax.
- Extend arms in front of you.
- Push top leg into support (10-15%) so that core is engaged.
- Raise top arm and reach behind you as far as you can while maintaining leg pressure. Turning your head and reaching with your eyes is the secret to the success of this exercise. It must be a neurological correction and your head and your eyes create that.
- Come back to starting position, maintaining core engagement and repeat 5 times.



Repeat on the other side

This is a great exercise to begin any workout with because it opens up your chest, putting you in better posture for the rest of the workout.

