

Prone Arm Extension

Phase 1

- Lay on stomach with your arms above your head
- You will be working with the breath during this exercise. When you inhale, you'll contract your core. When you exhale, you will be moving your arm. The reason we only move on the exhale is because you will already be keeping your core strong while breathing out.
- On the exhale, slowly raise your arm about 3 inches, one at a time. Exhale and lower.
- Raise the same arm back up on an exhale then drop it back down on an inhale. If you feel the contraction in the shoulder area or if you're able to easily raise your arm higher than 3-5 inches off the floor, you don't have your shoulder blades tucked down and in correctly.



Phase II

- Raise both arms off the floor at the same time
- Continue contracting your stomach and raise your chest off the floor.
- If this pinches your lower back, you're going up too high and not contracting your core enough. You should feel this all along your spinal column.