

ROCK N ROLL



Starting Position

- Lie on your back, feet flat on the floor, hands behind the back of your head
- Start with your spine in a neutral position



Movement

- Inhale. Arch your back slightly as if someone were pulling on a belt that you are wearing
- Use your hands to support your head



- Exhale. Pass through the starting position and continue the movement to curl the spine
- Endeavoring to lift the head and shoulders along with the tailbone and pelvis
- Repeat this forward and backwards movement 5 – 6 times, trying to increase the range of movement

Notes:

- Keep your neck relaxed throughout the exercise
- Keep elbows wide and support your head with your hands