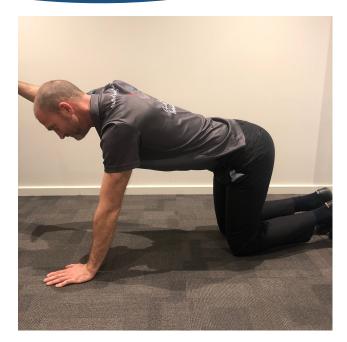
Core 3 Stretch (Wounded Bug)





On your hands and knees, raise one arm in line with your head, and the opposite knee in line with your hips. Repeat this process doing 3 sets of 10-12 reps on each side. The key is to keep your pelvis still throughout the stretch, and not letting it rotate. For maximum benefit, do this stretch 2-3 times per day.





