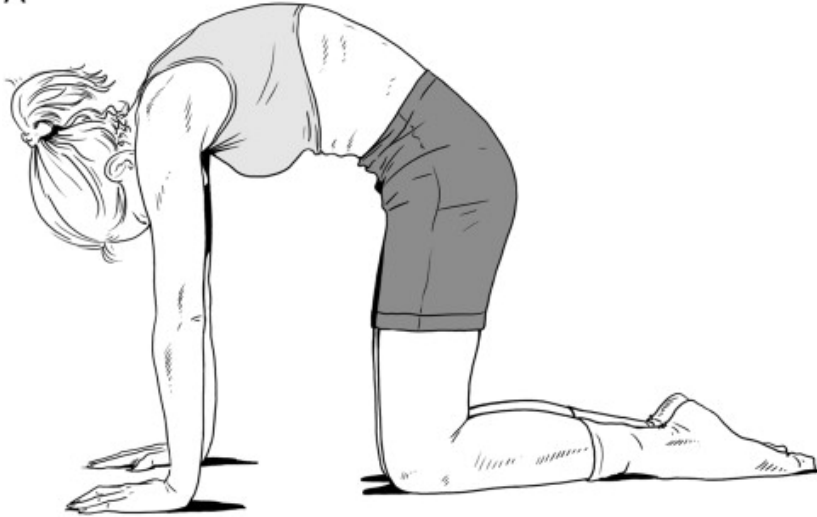


Cat Camel

In either a standing or a quadruped position, start with a neutral spine. Slowly activate the glutes, tilting the pelvis forward. Return to neutral spine and repeat.

A



B

