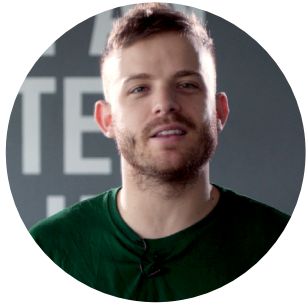


#2 VERTICAL STRETCH



▮▮ In this Vertical Stretch, above everything else, your lower back should become extended or stretched. To do this, you will need to bring your right leg into motion.

For this body exercise you may lie down in exceptional cases- but you should not make it too comfortable for yourself. Head and back are on the ground, the arms you can move laterally away from the body, a little tension should be held between the fingertips and the ground, but sustaining calmness.

Stretch your right leg now straight-upwards, until the foot is, as far as possible, facing the ceiling and then flex both feet as far as possible.

It is important in this Vertical Stretch that you properly create tension in the toes!

Of course, we do not want to neglect the other side. For this reason, and to balance your core training exercise, we want to return your right leg to the ground and place your left leg straight-upwards and stretch your arched-sole to the sky.



TRAINING: CORE
DIFFICULTY: INTERMEDIATE



BEGINNER: 45S
INTERMEDIATE: 60S
ADVANCED: 90S