



# Active Trunk Extension

***~Let Hope Be Your Guide to Health***

## *Active trunk extension*

Your starting position:

Lie on your stomach. Prop yourself up slightly on your hands. Tuck your chin in slightly and depress your shoulder blades slightly towards your waist.

The exercise:

Try to lift your chest up from the table or floor as you exhale by breathing out like you are gently trying to blow up a balloon. Be sure to arch your low back as you lift up. It's very important to shrug the shoulders down and not up toward your head.