



Wall Slide

~Let Hope Be Your Guide to Health

The wall slide

Your starting position: Stand with your back against a door or wall. Try and have the back of your head against the wall and your chin slightly tucked in. Your feet should be a few inches forward. Your arms should be elevated overhead in a cactus or 'under arrest' position.

The exercise:

Keep your arms elevated while squatting slowly down the wall. As you squat down actively breathe out and feel your abdominal muscles tighten. You should feel a stretch in your mid to lower back as you slide down the wall.