

## Prone Groundwork

Lie on your stomach with your knees together raise your feet a few inches off the floor. Elbows bent, bring your arms back towards your side – while squeezing shoulder blades together. Chin tucked, raise your head off the floor. **Slowly** raise your chest up, hold up for 30 seconds, then **slowly** back down. Don't forget to breathe.

Frequency: 3 sets daily, as tolerated.

Modified Version: Just pinch your shoulder blades together while lying on your stomach

