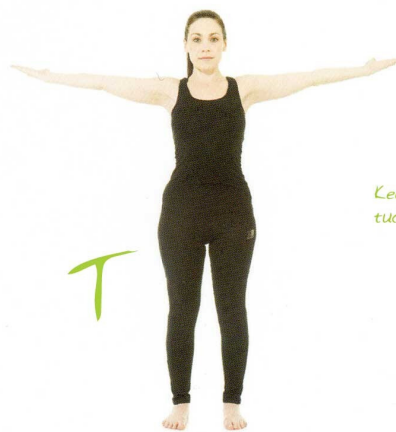
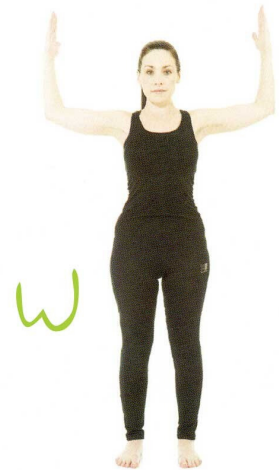
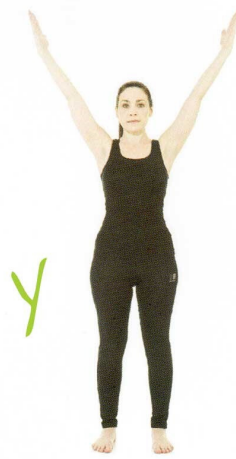


YWTL



When it comes to exercises that improves your posture and makes you feel great, YWTL exercises are perfect! You have to use loads of muscles in your back and shoulders and it fires up your nervous system - It's great for the spine and only takes a couple of minutes.

- Hold your arms above your head in a Y position, don't let your elbows drop down
- Make sure that your thumbs are pointing backwards
- Lengthen your spine - imagine someone is pulling you up from your head
- Tuck your chin in - do not allow it to jut forwards
- Tuck your tummy in - do not allow your lower back to arch or your tummy to stick out
- Take a deep breath in for 3 seconds, then breathe out for 3 seconds, as you breathe out pull your shoulder blades closer together.
- Repeat another 2 times. On each subsequent breath out, pull your shoulder blades closer together.
- Each breath out is like a ratchet, do not let your shoulders come forward at all during the exercise, they become further back on each breath out.
- Repeat the above in the W, T and L positions.



Keep elbows tucked into sides



Don't Forget

Thumbs back - Lengthen spine - Chin in - Tummy in