

Cobra

Starting position: Lie on your front. Rest your forehead on a small cushion/folded towel. Lengthen the back of your neck. Bend your arms into a 'L' shape and place your elbows slightly higher than shoulder level. Neutral spine position. Hips turned outwards and legs wider than hip width apart.

Action

- INHALE to prepare
 - EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat, using your hands for support. Maintain length from the crown of the head to your tailbone and continue peeling your body away the mat, section by section until your hip bones are lifted.
 - INHALE and hold your cobra position
 - EXHALE, layer your body back down onto the mat commencing with your hip bones and finishing with your forehead to return to neutral spine position.
- Sets: 2 Reps: 10



Tips

- Imagine peeling the body away from the mat section by section beginning with the forehead, then the shoulders, breastbone, lower ribcage, waist then hip bones
- Reach your tailbone towards your heels to prevent over extending your lower back