

## Exercise 7. Spine Twists

Helps to loosen the spine and activate the core.

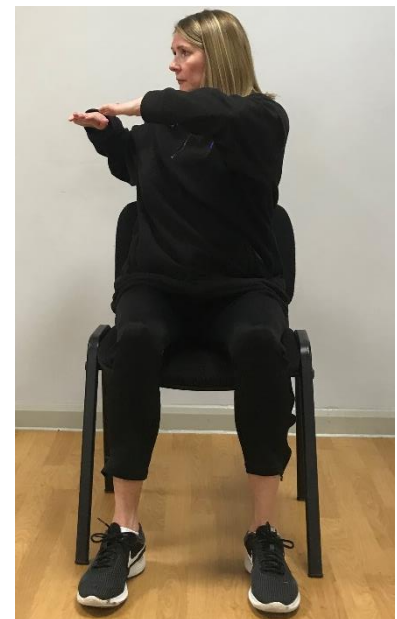
### What do I need?

1 Chair.



1. Sit Tall with a straight back and neck.  
Raise elbows in line with shoulders.

2. Gently twist to one side,  
Feel the stretch across your back and shoulders.



3. Turn back to center and twist to the opposite side.  
Repeat this sequence 4 times.