



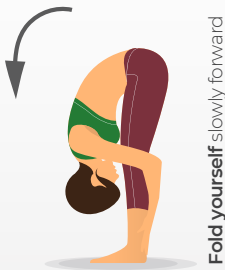
SPINAL CLEANING

'Bookend your day with a spinal clean'

Spinal Cleaning is essentially a 3 step range of motion activity that takes your spine through its fundamental planes of motion and takes anywhere from 3 minutes to 6 minutes. Basically you repeat the movements in each step for 30-60 seconds and do it for your whole body and then just your neck..

STEP 1 Forward and Back

Fold yourself slowly forward as far as you can, reaching your hands down towards your feet or the floor.



Once you get as far as you can comfortably, take a slight pause and then start bringing yourself back up,

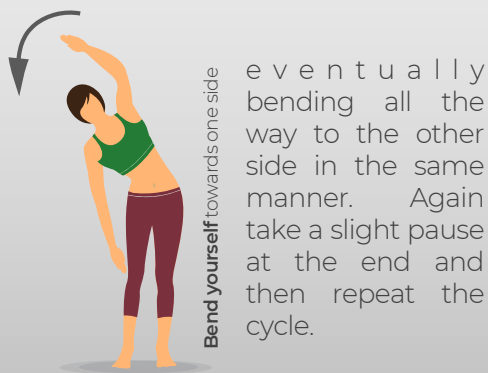


STEP 2 Side Bending

Bend yourself towards one side as far as you can, reaching one hand up over your head as the other one slides down the outside of the leg on the side that you are bending to.



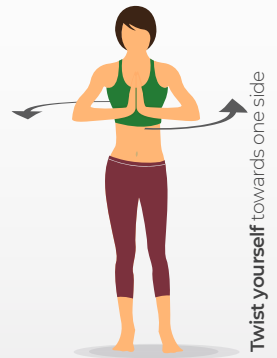
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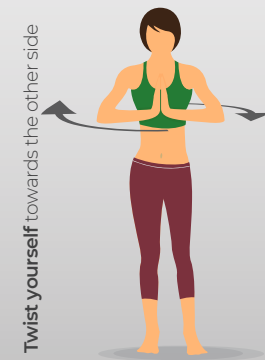
STEP 3 Twisting

With your arms up in front of you, hands together and elbows pointed outward, twist yourself towards one side as far as you can.

When moving your body, compared to step 1 and 2 this one is done at a slightly faster pace with the use of a little momentum.



As you twist to one side you will build up some tension in your body that will 'spring' you back in the other direction once you reach the end of your normal range.



With each twist you will get a stretch out of your tissues.

For more information click onto www.marcusyeo.com/spinalcleaning