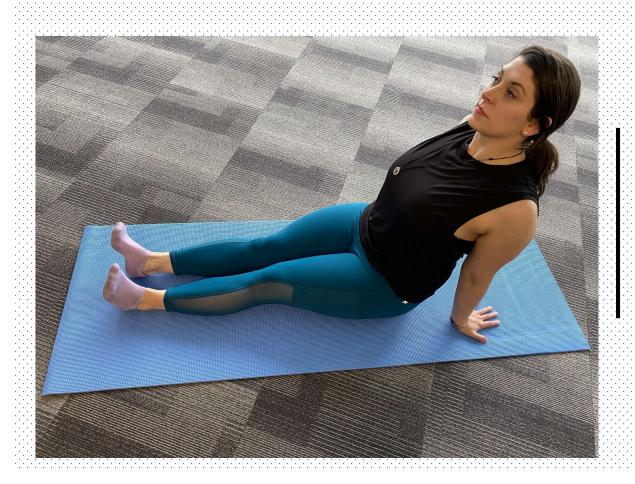
- Sit on ground with legs outstretched,
- Biceps | parallel before you.

 Place your hands on the ground behind you, extend your wrists and have your finger facing away from your body.



- Lock your elbows and push your chest up toward the sky.
- Hold stretch 30-60 seconds. Repeat 2-3x.

