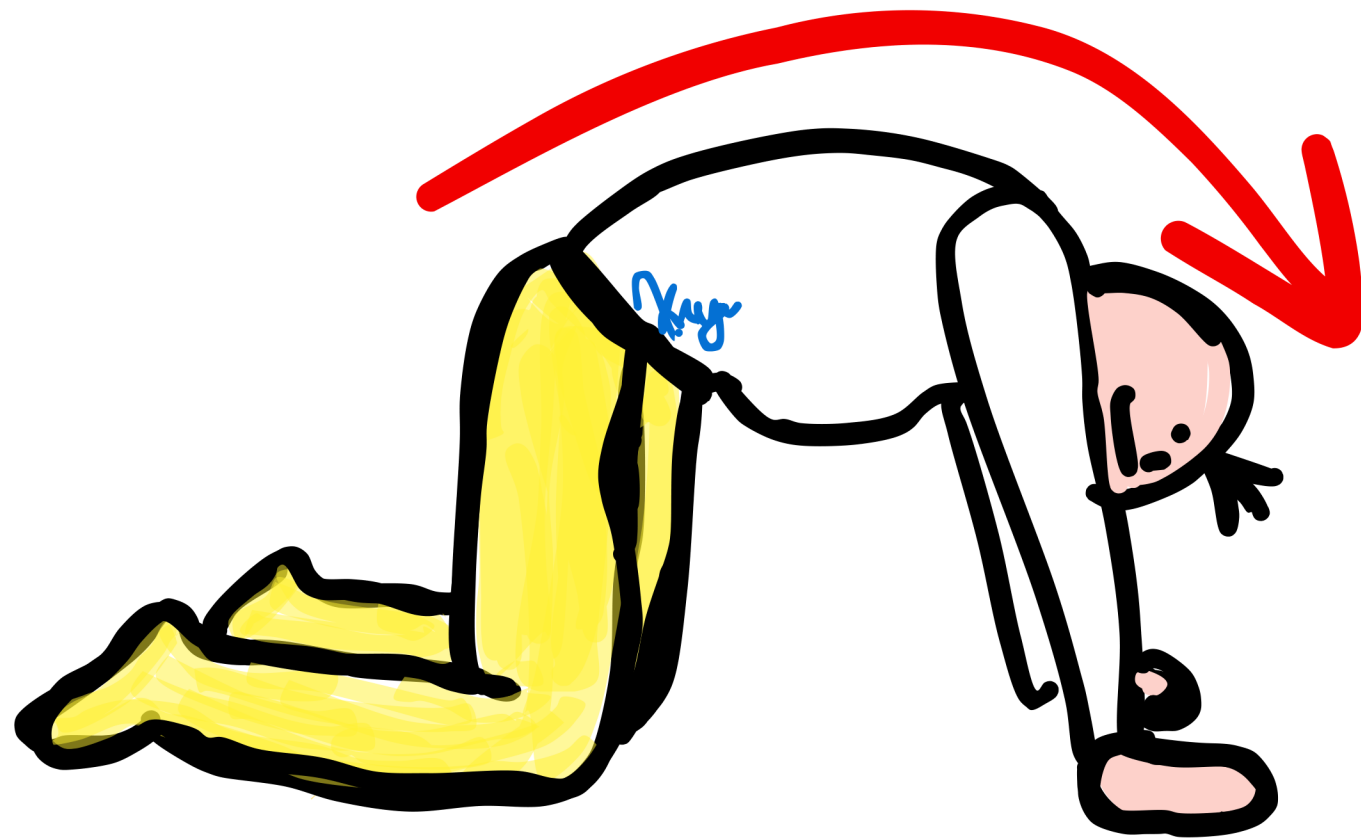
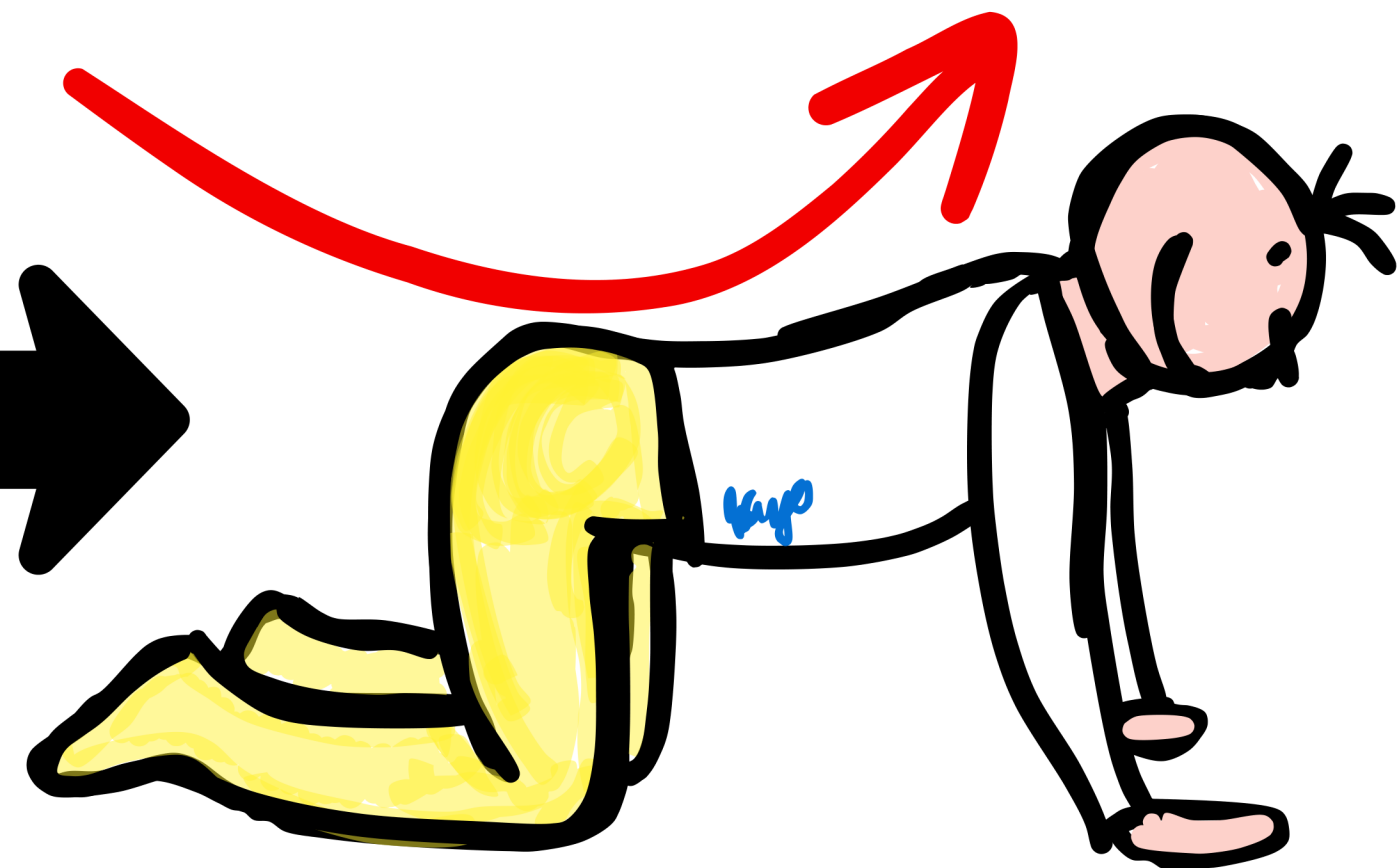
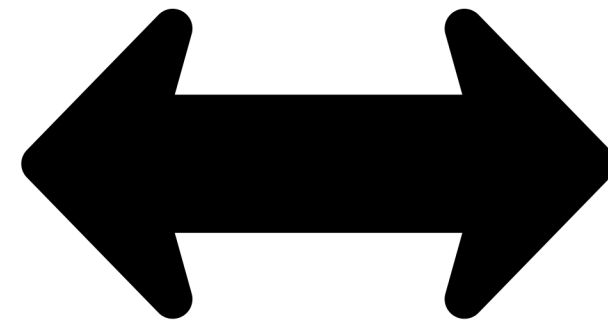


# cats and dogs

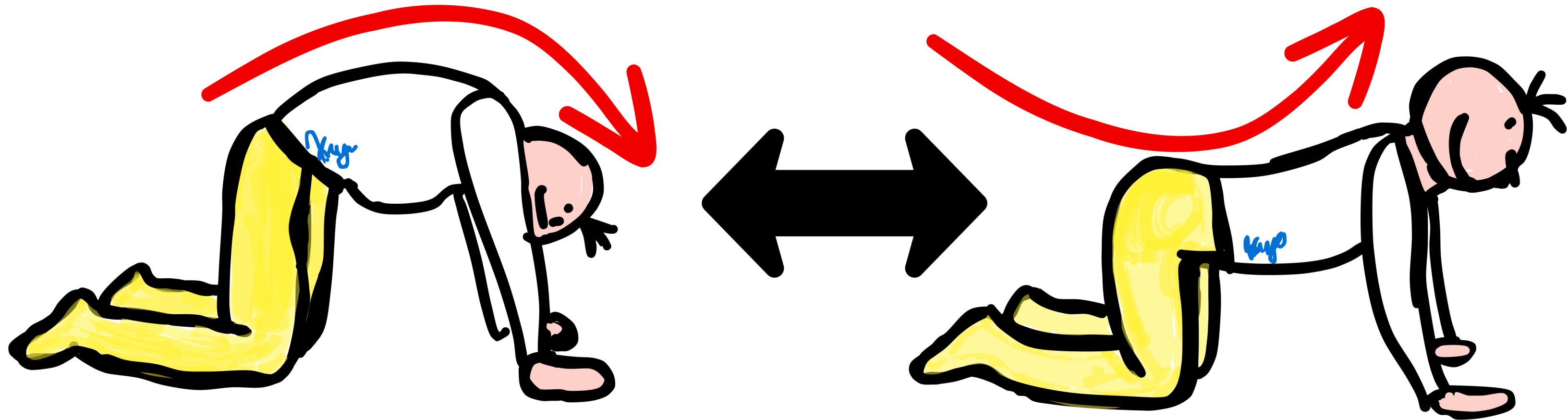


Open your shoulder blades. Tilt your pelvis back and round your back. Exhaling will also help strengthen your core.



Bring your shoulder blades together, tilt your pelvis forward, and arch your back slightly. Inhale to expand your chest and increase your range of motion.

# キヤットアンドドッグ



肩甲骨を外に開きます。骨盤を後ろにたおして、背中を丸めます。息を吐くことで体幹の強化にも繋がる

肩甲骨をうちに寄せて、骨盤を前にたおし、背中を少し反ります息を吸って胸郭を広げて可動域を広げよう。

効果

姿勢改善、肩こり予防、猫背予防 円背予防 体幹強化