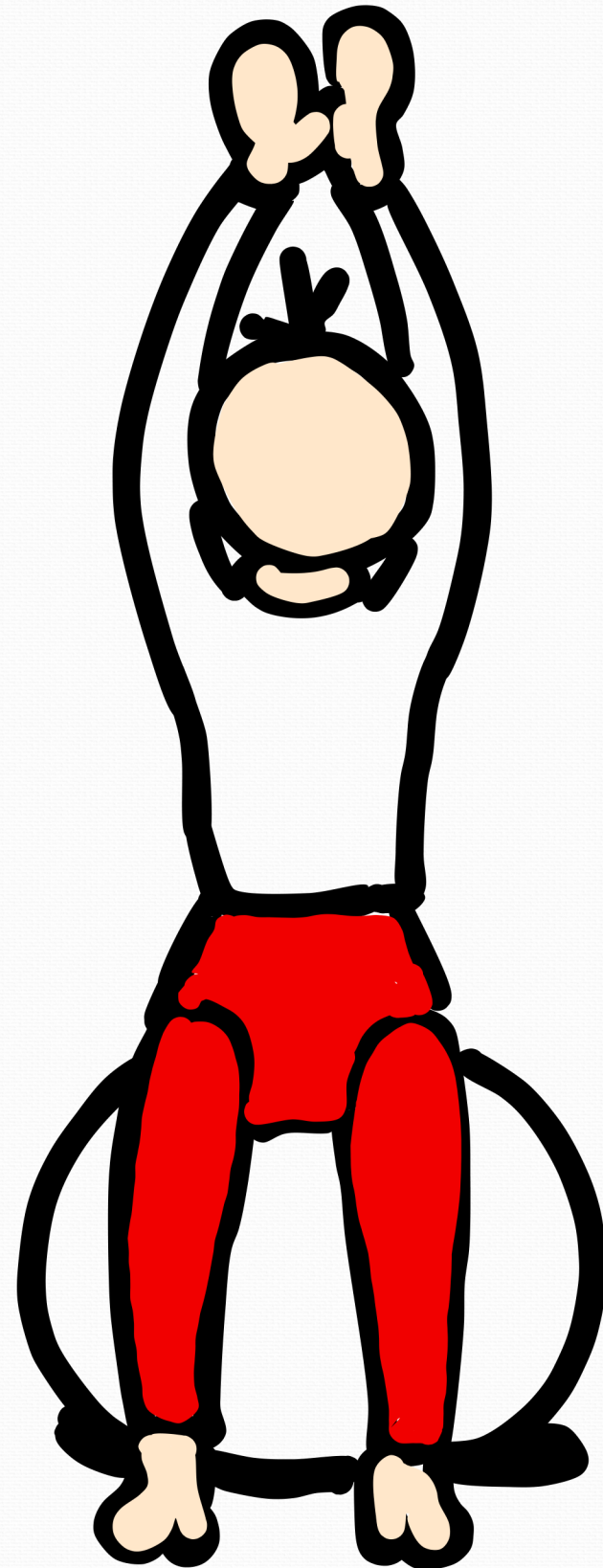


サイドストレッチ



- 1.手を伸ばす
- 2.身体を左右に倒す

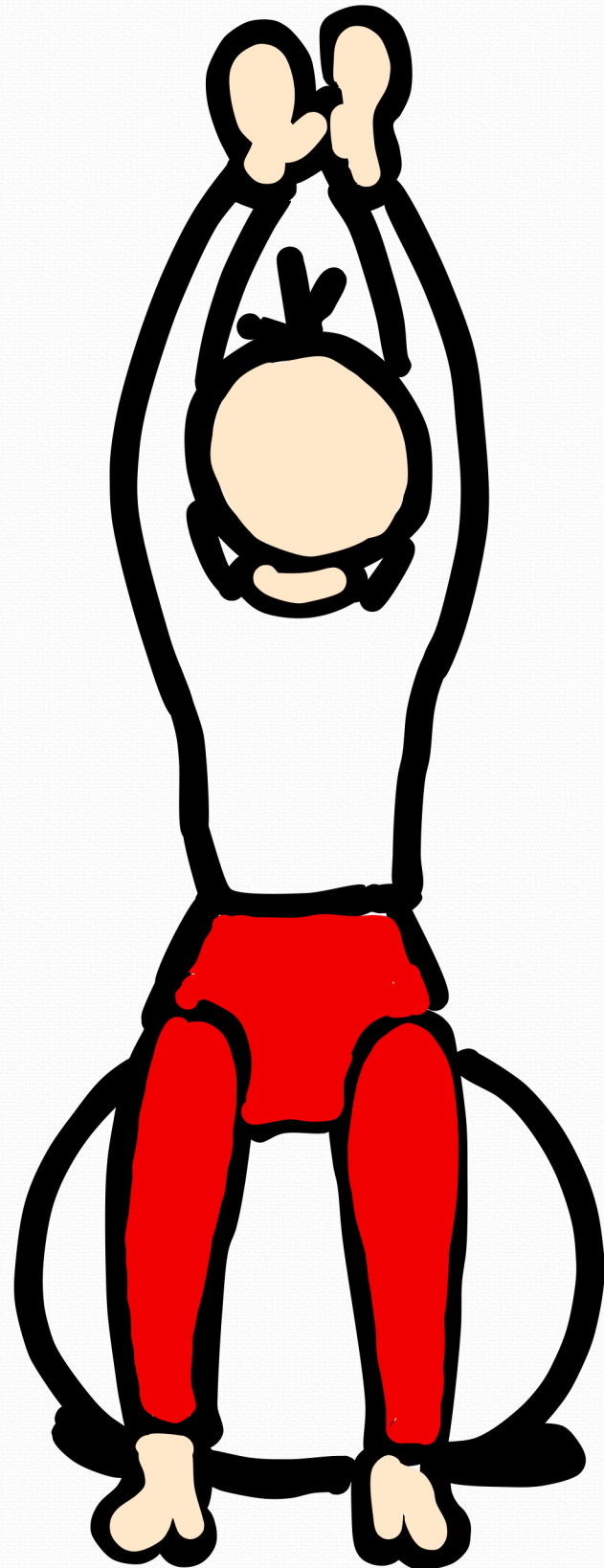


お尻から横腹、胸を伸ばす

骨盤を動かさない

Lateral stretch

Stretch your arms above your head.
Lean from side to side to loosen up your back.



Stretch from your glutes
to your side ribs and
chest.

Stabilize your pelvis.