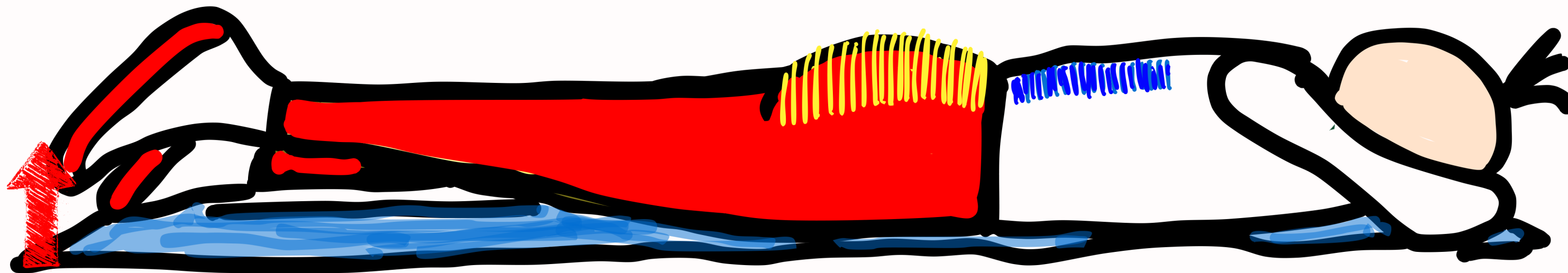


パールブックリフト

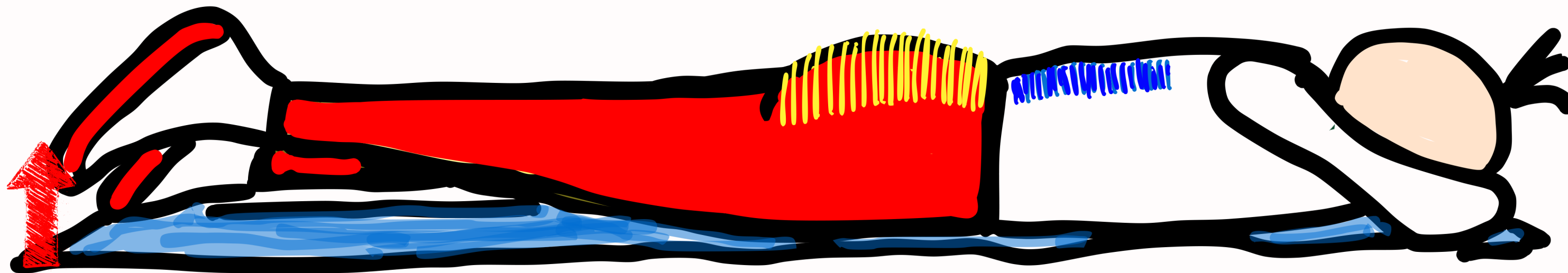
背中には力入れすぎずお尻を意識



**足は肩幅にひらいて、床から5センチ程度2秒から5秒保持
背中に極力は入れない**

Pelvic lift

Keep your back relaxed and avoid arching it.



Feet shoulder-width apart, lift hips 2-5 inches off the floor for 2-5 seconds, minimizing back involvement.