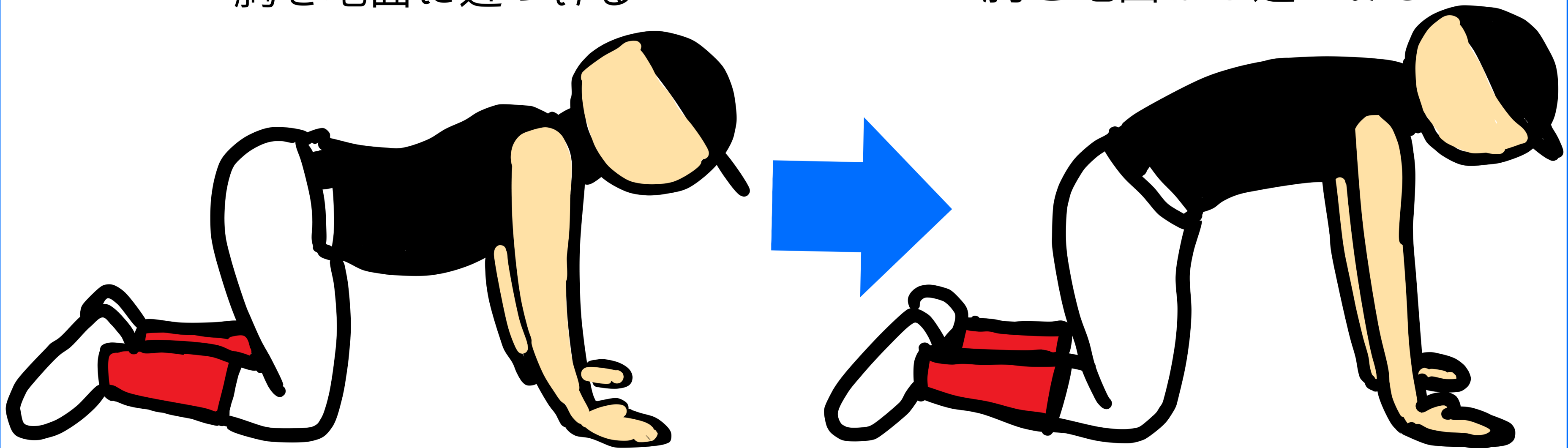


YOKOHAMA BASEBALL-9

キャットアンドドッグ

肘を伸ばしたまま、肩甲骨を寄せる。
胸を地面に近づける

肩甲骨を離しながら、地面を押し
胸を地面から遠ざける



YOKOHAMA BASEBALL—9

Cat and dogs

Engage your back muscles by squeezing your shoulder blades together and lower your chest towards the ground with straight arms.”

Pushing away from the ground with your hands, lift your chest off the ground while keeping your shoulder blades down and wide.”

