

Camel

Why we do it:

Develops core strength and balance.
Stretching abdominals and open hip flexors.

Functional Benefit:

Stability
Mobility



Kneel with your knees together, arms at your sides.

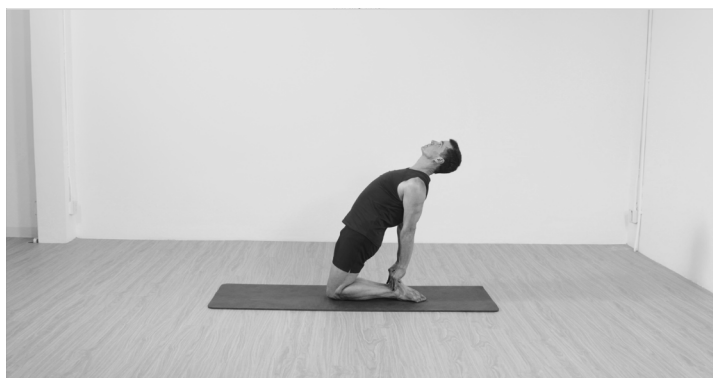
Keep your left arm straight and lift over your head.



When hand is pointing directly upwards, rotate to the right, looking over your right shoulder and extend right hand to right ankle. Head follows hand.

Return to centre.

Repeat on the opposite side and return to centre.



Sit back on your heels, hands on ankles.

Return to kneeling position, clasping ankles, pushing hips forward.

Return to centre.