

Side Flexion

Why we do it:

Promotes muscular control for balance.
Promotes contraction and toning between side, back and trunk muscles.

Functional Benefit:

Balance
Mobility



Stand in the neutral position with your feet hip-width apart.



Look right, and take your left arm over your head, creating as much space as possible between the ribs and the hips.



Return to neutral and repeat on the left.