

# Arm Extension: Kneeling

## Why we do it:

Balance and core stability.  
Opens up chest and shoulders.

## Functional Benefit:

Stability  
Flexibility



Kneel, sit back on your heels and put your hands flat on the floor in front of you.



Keeping your hands on the floor, lift your hips, curving your spine to the ceiling.



Extend your arms outwards as far as possible, bending your neck to look at the ceiling.

Return to the centre.