



INSTRUCTIONS

CAT / COW

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/cat-cow>

Back



Steps:

- Come onto all fours on a firm surface.
 - Pull your belly button into your spine and round your low back toward the sky while tucking your chin in.
 - Contract your core and hold for one count.
 - Push your belly toward the floor , arch your back while still engaging your core.
 - Turn your head up to look at the ceiling and hold for one count.
- This is one repetition

Repetitions:

- Repeat 10 times