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# INSTRUCTIONS

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## 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