



INSTRUCTIONS

COBRA POSE

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/cobra-pose>

Back



Steps:

- Lie on your belly, with the chin on the floor, palms flat on the floor under the shoulders and legs together.
- Squeeze your legs and butt muscles, press your hip bone toward the floor
- Inhale and lift the head and chest off of the floor
- With the elbows close to your sides, Drop the shoulders down and back and press the chest forward.
- Breathe and hold for 2-6 breaths.
- Exhale and slowly lower the chest and head to the floor. Turn the head to one side and rest, rock the hips from side to side to release any tension in the low back.

Repeat 5 times