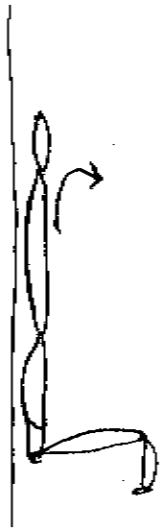


## Camel @ Wall



Kneel at the wall, keep navel in towards your spine. Bend elbows & place hands on wall as ~~you~~ Traction spine by pressing hands down the wall.

Try to extend upper/mid back by lifting your sternum. Imagine your chest is pushing the ceiling away from you.

Hold 30 seconds. Repeat 3-5 times.