

Egyptian Dancer

1. Start with the navel pulled in toward the spine, core engaged, and bring arms straight out in front of the body with the palms together.



2. Bring hands into the chest, keeping fingers pointed out toward the wall in front of you.



3. Rotate hands to point fingers up toward the ceiling.

4. Slowly start to “wiggle” wrists back and forth bringing arms up, elbows straight, over the head. Move hands in a serpent like manner, bending the right wrist, then the left, as your hands make their way up toward the ceiling.

5. Wiggle the wrists back down to the starting position.

6. Turn fingers out toward the wall in front of you and straighten elbows.



Repeat about 10 – 15 times throughout the day.

