

Est.
2007

YSJActive

5X5 A DAY CAT-COW



1. Place your hands and knees on the floor, ensuring that your wrists are in line with your shoulders and your knees in line with your hips. Your knees should be hip width apart
2. Adopt a neutral spine so you form the shape of a table
3. Inhale. Keeping your arms and knees in the start position move your stomach towards the floor and lift your head and chest upwards. Your back should curve (top picture) and your core and pelvic floor muscles should be relaxed. This is the cow pose
4. Exhaling, round your back upwards towards the ceiling without moving your arms or knees (bottom picture). Engage your abs and pelvic floor muscles. Allow your chin to move towards your chest, but do not force it! This is the cat pose
5. As you inhale to repeat the cow pose relax your muscles and pelvic floor
6. Repeat, with a full Cat-Cow counting as one repetition. Try to create a nice, gentle flow between the poses.