

# Opposite Arm/Leg Reach

## Strengthening Exercise



- To do this exercise, balance equally on all fours with a straight spine and the abdominal muscles drawn in and braced.
- Without shifting the spine or pelvis, raise one arm and the opposite leg.
- Breathe normally while holding for 6-8 seconds.
- Repeat with the other arm and leg.
- Cycle through each position 5-6 times.