

## Cat Camel

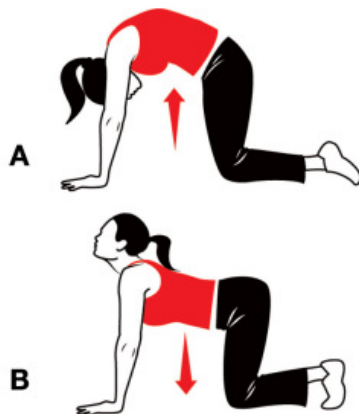
● Begin on your hands and knees

● Make sure your arms are directly under your shoulders and your knees are directly under your hips

Rock your hips forward while curling your mid back. (Imagine trying to bring your chest to your thighs)

● Hold

● Then slowly return to neutral and then begin to sag your lower back and rocking your hips posteriorly. (imagine trying to bring your head and your pelvis closer)



For a video demonstrating this exercise please click [here](#).