



## The Wall Angel

Place the feet shoulder width apart about 20cm from the wall behind. Lean against the wall, tilt the pelvis backwards to flatten the low back against the wall. Keeping the head level, bring it backwards to contact the wall. Raise the arms to 90° and rotate the arms back to try and place the backs of the hands against the wall.



Keeping the back and arms in contact with the wall, bring the elbows down as far as possible. Hold for 5 seconds.