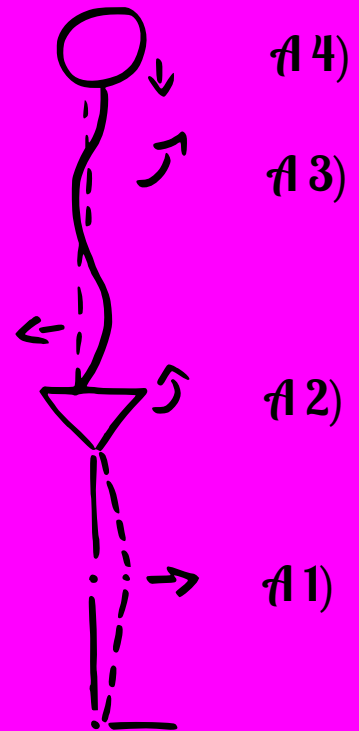


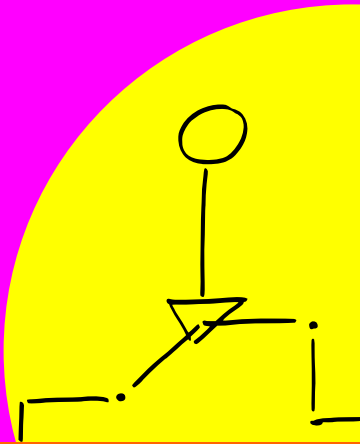
# Bone Shaker - Work Out

## A) Straighten up and fly right

- 1) Bend your knees slightly
- 2) Tilt pelvis to straighten lower back
- 3) Maintain position of lower back and lift chest slightly
- 4) lower chin and enjoy !



## B) Stretching the hidden depth

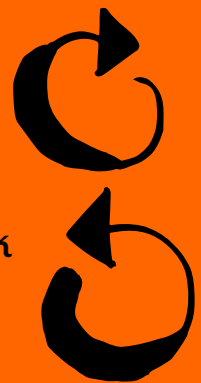


- 1) Make a big step to the front
- 2) Keep weight on heel of front foot and ball of back foot
- 3) Slowly sink into lower position
- 4) tilt pelvis like A 2

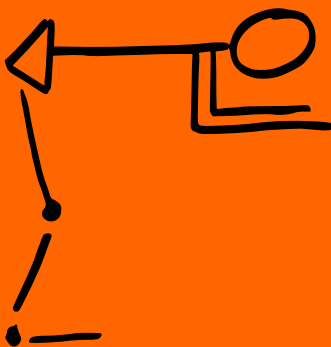
- Stretch should be felt in upper thigh of back leg  
- hold for 30 seconds each leg - repeat 2 times

## C) Loosen up your carriers

- 1) Try to stay in posture of A 1-4
- 2) Move your shoulders up, to the front, down and to the back  
- 5 seconds each direction
- 3) Make full circles with shoulders, slowly, emphasizing down and back
- 4) Change directions and check posture A 1-4  
- 10 circles from back to front 20 from front to back



## D) Fly right - those blades are in need of a kiss



- 1) Set up posture A 1-4
- 2) Bend over - 90° angle in hip
- 3) Spread your arms in a U-position
- 4) Arms down to the front
- 5) Arms up - next to head  
- Shoulder blades should try to kiss each other

