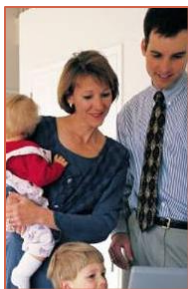


Carry the Baby (seated)



Get Ready

Sit tall in a sturdy chair: Shoulders over hips, abdominals in & up, ribs lifted, shoulder blades back and down



Wrist Pull

Inhale, reach up, join hands
Exhale, gently pulling one wrist
and arch to one side.
Feel stretch in ribs and shoulder.
Rest, repeat on other side.

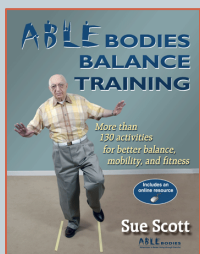


Add this

If comfortable . . . bend elbow
over head. Place other arm
on chair for back support

Be Safe

Do only what is comfortable and feels great.
Stop or adapt the activity if uncomfortable



ABLE BODIES®

Reprinted, with
permission, from S Scott,
2008, ABLE Bodies
Balance Training,
(Champaign, IL; Human
Kinetics)



Available in Able Bodies Balance Training: Pages 79 & 80