

3: Diagonal Extensions

- Clip at mid-back height
- Front knee over front heel at right angle
- Extend from back hip diagonally through fingertips

Exercise 3
Step 1



Exercise 3
Step 2



Exercise 4
Step 1



Exercise 4
Step 2



4: Forward Flies

- Clip at chest height
- Slightly bent elbows at chest height
- Bring palms toward each other