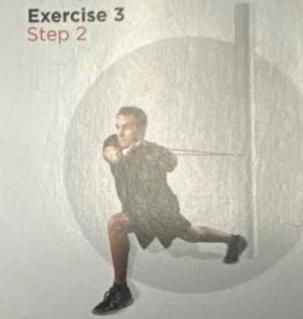
3: Diagonal Extensions

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

Exercise 3 Step 1



4: Forward Flies

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



