

# Cat/Cow



**Description:** Yoga (flexibility & balance). Use the Cat/Cow pose to work on flexibility and to lower your heart rate at the end of a workout.

### Instructions

1. Start on your hands and knees. Align your hands under your shoulder, and knees under your hips.
2. Keep your back in a flat neutral position.
3. For the cat position, round your back towards the ceiling, and look towards your stomach.
4. Return to a flat back position.
5. For the cow position, arch your back and look up towards the ceiling.
6. Cycle through the cat and cow poses for 30 seconds.

### Tips & Modifications

- Cycle through the movements at a slow and controlled pace.



Click here or scan the QR Code below to watch video instructions!

