

Preparatory exercises

## Spinal Roll 2

**Starting Position:** with your legs outstretched and your lungs full.

While exhaling, rock back until your feet touch the ground behind your head.

While inhaling, swing back into a seated position bending one knee and bringing your foot to the opposite thigh.

While exhaling lean forward from the waist onto the other leg. Alternate legs each time that you return to the seated position.

The forward bend is always performed with an exhalation and your lungs are full in the central position. Keep the movement fluid and smooth.

From 10 to 20 repetitions.



**Contraindications:** dizziness; serious pathologies related to blood pressure.

**Benefits:** relaxes and warms up the whole body.