






STRETCHING EXERCISES FOR THE DORSAL AREA

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	<p>Kneeling down on the floor. Bend your chest towards the floor while stretching your arms in front of you. Put your hands against the floor.</p> <p>Let your hands slide forwards as much as possible.</p>
	<p>Standing up with your feet put together before a wall that will be our support. Stretch your arms above your head. Bend your chest forwards, maintaining your legs and arms straightened and put your hands against the wall.</p> <p>Push your arms against the wall while bending your back.</p>
	<p>Sitting on the floor with bended knees. Put your arms around your legs.</p> <p>Bend your chest forwards and push your legs against your chest. Keep your feet flat on the floor.</p>
	<p>Standing up, intertwine your fingers. Lift your arms above your head and keep them stretched out.</p> <p>Push your arms back and upwards.</p>
	<p>Sitting on the floor, cross your legs keeping your back straightened. Cross your arms and touch the opposite knee with your hand.</p> <p>Push your shoulders forwards keeping your back straightened.</p>