

Wallslide

Stand with your feet a few feet from the wall, lean back onto the wall. Position hands in a 90-degree position with your back, head, elbows, and the backs of hands up against the wall. As you exhale, bend the knees and slide down the wall, stopping when the back, elbows, or hands start to come off the wall. Inhale as you straighten your knees and elbows.

