

RIB CAGE EXERCISE THREE

STEP-BY-STEP DIRECTIONS

1. STAND EVENLY ON BOTH FEET

Arms hanging down by your sides.

2. OPEN YOUR MOUTH SLIGHTLY

3. MUSCULARLY EXPAND YOUR RIB CAGE

Do this from the back of each side of your torso, expanding out and up, side to side.

4. TAKE A QUICK, SMALL INHALE THROUGH YOUR MOUTH

5. COUNT ALOUD TO 8, KEEPING YOUR RIBS EXPANDED

Count with a pause after each number. Keep your concentration on maintaining your rib cage expansion.

6. CHECK TO MAKE SURE YOUR RIBS ARE FULLY EXPANDED

Relax your stomach and shoulders if tensed.

PRACTICE DAILY

STEP 1 THROUGH 6: 5 times = 1 MINI SET – For the 1st week: Do 4 mini-sets daily.
10 times = 1 FULL SET – Starting with week 2: 3 full sets daily.