

Woodpecker

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1. Stand in a lunge position with your front knee unlocked and your hips squared. Your front knee should always stay behind your ankle.
2. Both feet should be parallel and facing forward.



1. Keeping the knee stabilized, pull the sternum forward, hinging at the hips, driving your weight into your front heel. Keep your sternum high to engage your low back and bring your arms behind you, thumbs out to the side. Hold for 15 seconds.

2. Slowly lift the arms in front of you with palms facing each other and pull your chest further forward without moving your front knee to increase tension into it's hamstring and glute.

3. Bring your arms all the way up with a strong back and hold for 15 seconds.