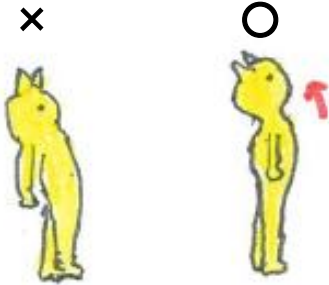


## Kitty Exercise ①

This is an exercise that stretches the back without lowering the head, looking in the mirror



Pull your stomach in.

Along the back at the height between the shoulder blades.  
Practice looking at the ceiling



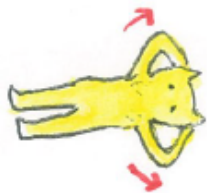
Using a rubber band, put pressure on arms and back for 10 seconds.



Do not lower your head when pulling at an angle!  
Hold the pull and count for 10 seconds, then do it five times.

## Kitty Exercise ②.

Lie face up and stretch the base of the arms tightly.



Lie face down, keeping your elbows up and looking forward. I'll raise my head.



If you can't do it by yourself, use your hands,  
Slowly look ahead for 10 seconds with your hands released



People who have had hip, back or back surgery should take it easy.



When shifting the back, it is best to do so while breathing heavily.

Do this twice a day (morning and evening).