

Total 1



PELVIC SHIFT STANDING - WALL

While standing next to a wall, place your arm on a wall. Your other arm should be rested on your side as shown. Next, lean your waist and glide your pelvis towards the wall. This should cause a shifting at your pelvis to occur.

Repeat 10 Times
Hold 4 Seconds
Complete 2 Sets
Perform 5 Time(s) a Day