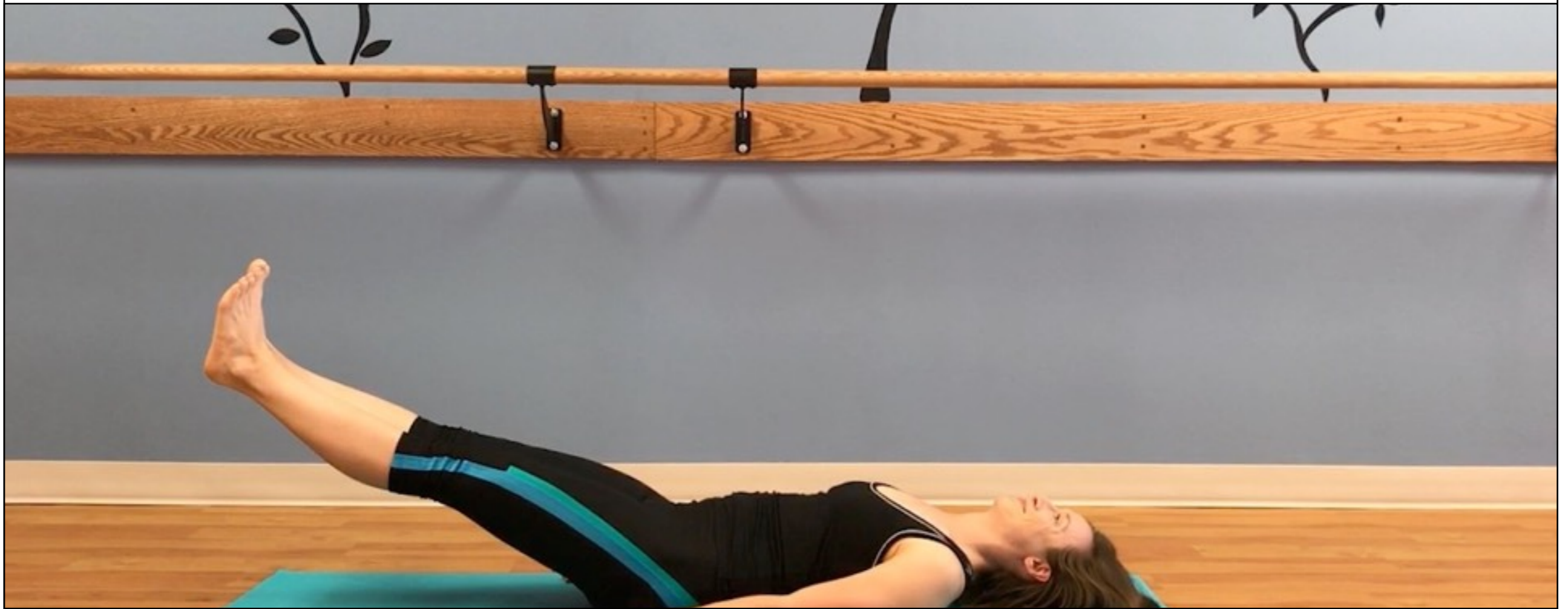


## CHAPTER 22

# Lower Lift



Begin supine. Reach arms alongside body. Bring legs to table top pose and slowly straighten to a 45 degree angle.