

Wake Up Lean

Bonus Tip 3



Meredith Shirk

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

Copyright © 2015 Svelte LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed "Attention: Copyright Coordinator," at the email address below.

Svelte LLC
All rights reserved 2015
Malibu, California
mere@sveltetraining.com



Step 1: Stand with your feet a bit wider than shoulder width apart.

Step 2: Roll your tailbone under your hips and pull your shoulders down and back, while still standing tall.



Step 3: Place your hands behind your head with your elbows high and chin up.

Step 4: Before you rotate, pull your belly button in and elongate your spine (as if a balloon is pulling you to the sky).



Step 5: Take a big breath in and rotate, keeping your core tight, elbows high and chin up.

Hold for 10 seconds. Return to center

Step 6: Repeat on other side

Complete 3 rounds per side.