

**THE**  
**DOSE**  
**EFFECT**

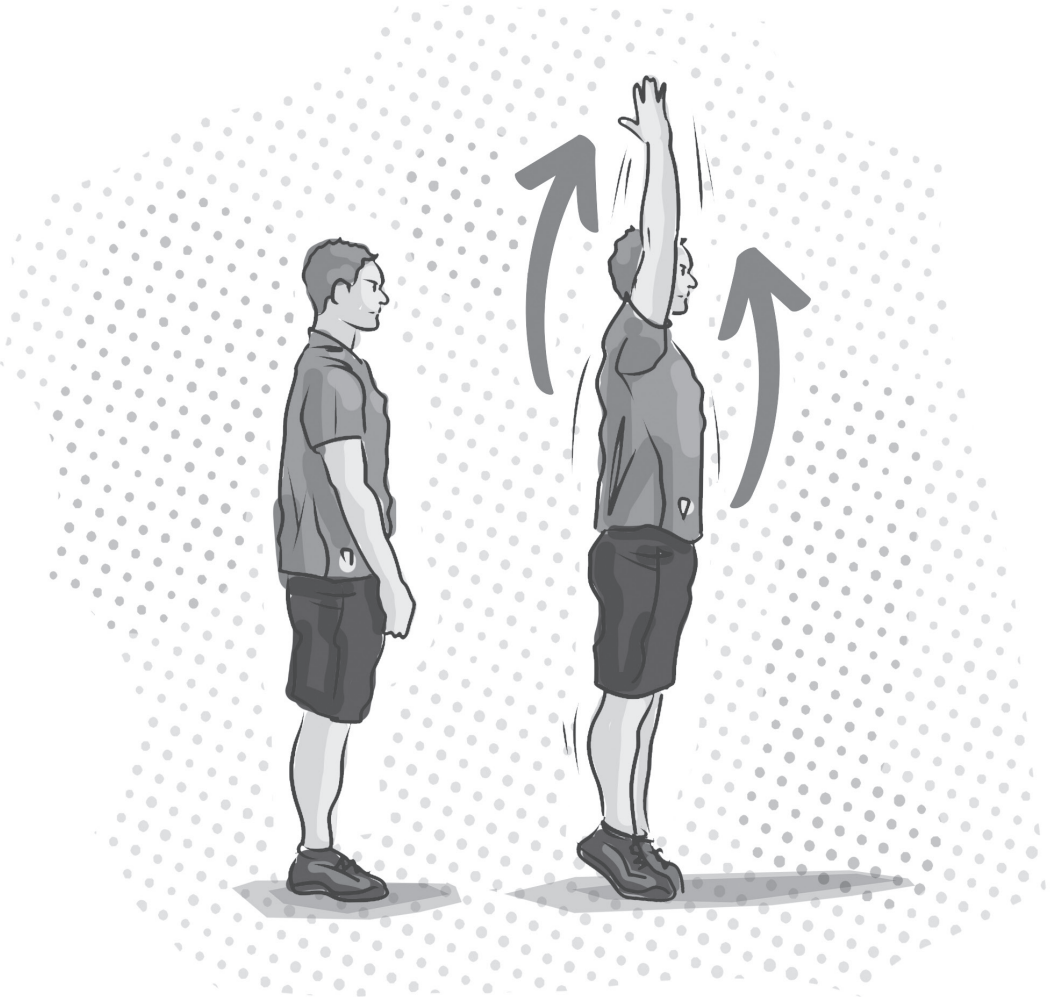
**TJ POWER**

**HQ**



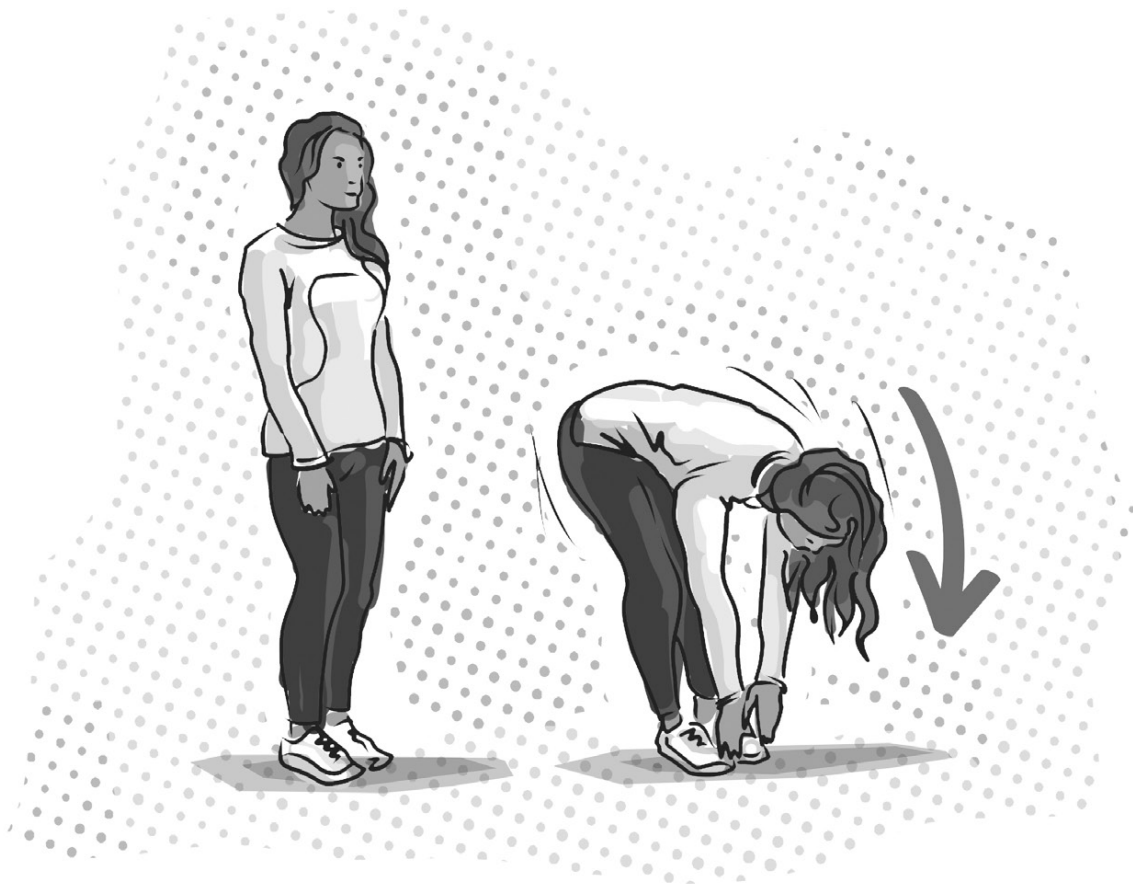
## **MOVEMENT 1:** **REACH-UPS**

In a standing position, reach your hands as high as you can and try to touch the ceiling.



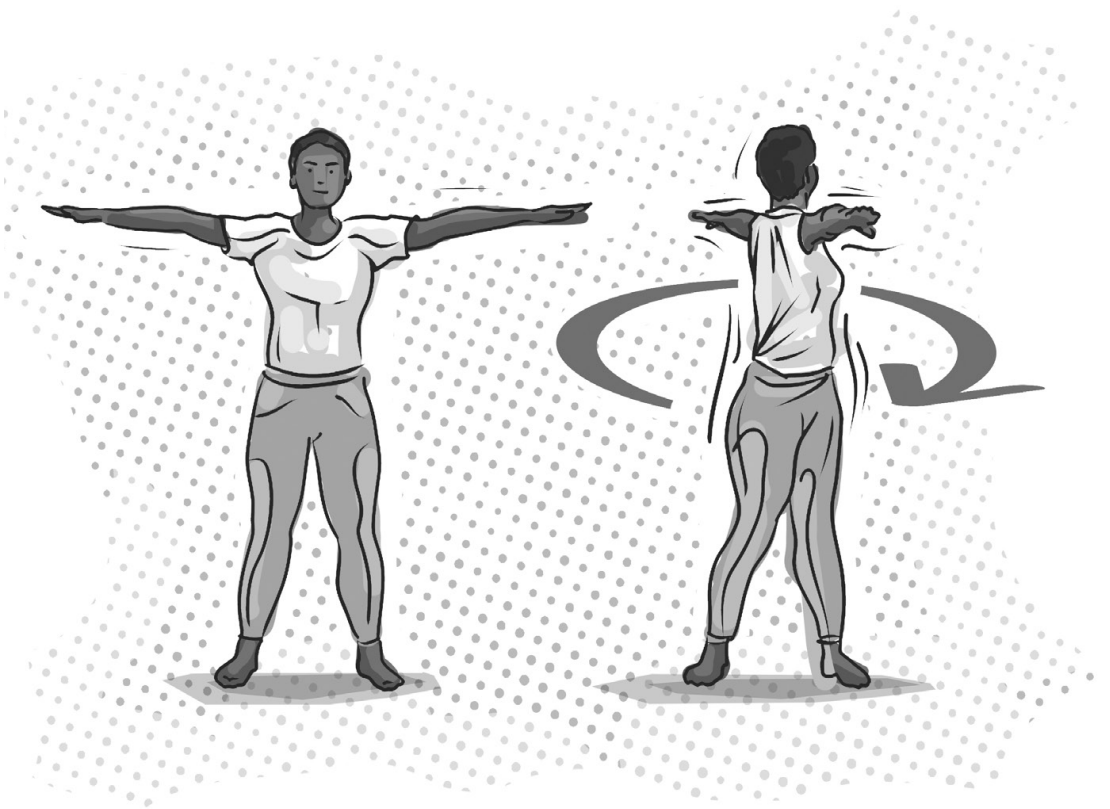
## **MOVEMENT 2:** **REACH-DOWNS**

Lean forward and reach down to touch your toes. Stretch as far as you can, until you feel it in the back of your legs. Don't hurt yourself.



### **MOVEMENT 3:** **TWISTS**

Raise your arms in front of you, with your palms facing down towards your body. Twist your arms around your body in one direction, first to the left side, then to the right side. You may hear some cracks in your back.



## **BAR HANGING**

First place your hands on the bar keep your feet on the floor, and just slightly slacken your legs and feel what it's like to hold yourself up. As you gain confidence, take one foot off the floor, then the other. Gradually you will build up to hanging from the bar. Start with three seconds, then five, then ten. Build up to thirty seconds.



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