

Fish Story

- A. Sitting or standing, bend both elbows to 90 degrees and keep elbows at your side, palms facing one another.
- B. On inhale, spread hands apart as the “fish grows”, but elbows tucked and chest opening as shoulder blades move toward one another.
- C. Exhale hands back to start position.
- D. Repeat for _____ minutes _____ times per day.



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