

# *Dynamic*

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## CHIROPRACTIC CLINIC

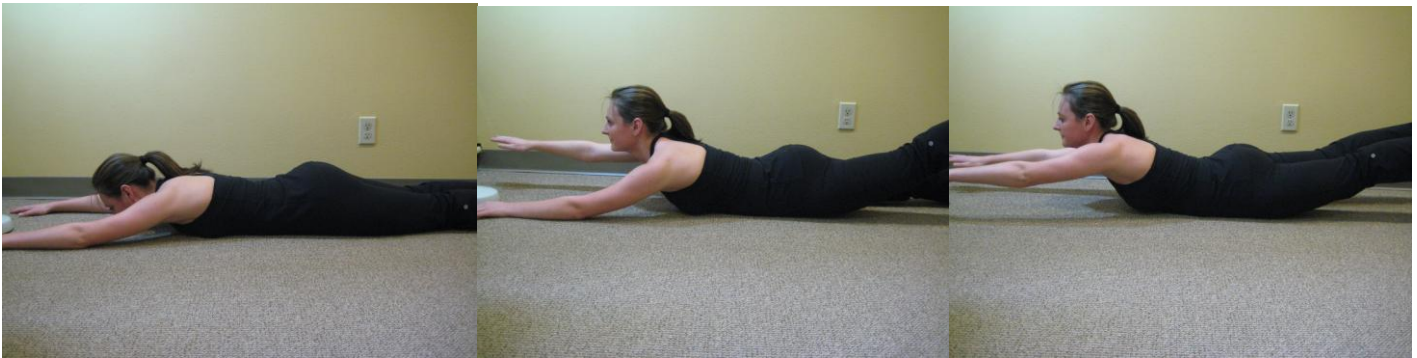
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*Better Health in Motion*

"Potato Chips" / McKenzie / "Seal on the Beach" Exercises

Instructions: Duration 1 Minute

Lie on your stomach, arms above your head. Extend your alternate arm and leg, holding at the top for two to three seconds. Then, slowly lower both arm and leg. For more difficulty. Raise both arms and legs at the same time, holding for two to three seconds, as well. Repeat a minimum of 10 times, working up to 30 as your strength level increases.



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