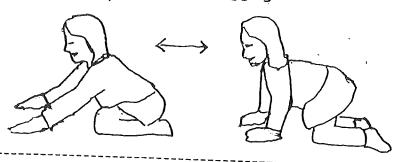
#15 Rocking on hands and knees:

Sit on your heels and stretch your arms forward (but slightly bent) putting hands flat and straight on the floor. Rock forward so head is above hands, and bounce back. Be sure to keep back straight or slightly sagging.



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