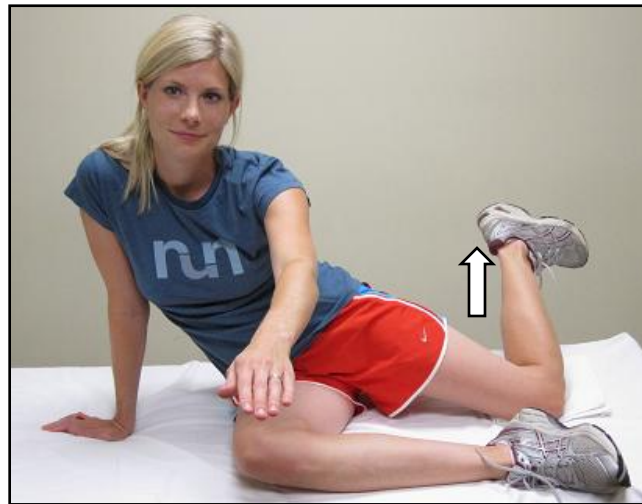
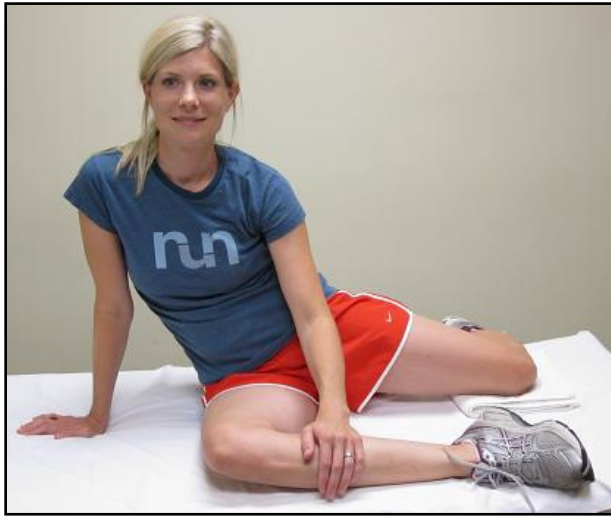


Right Sidelying Right Apical Expansion with Left FA IR



1. Lie on your right side with your right leg ahead of your left leg, both knees bent at a 90-degree angle. Straighten your right elbow and sink your right chest wall towards the mat.
2. Inhale through your nose and as you exhale through your mouth, reach forward with your left hand. You should feel your left abdominal muscles engage and a stretch in your right chest wall.
3. Press your left knee down into the towel roll, feeling the muscles in your left inner thigh engage.
4. Slowly raise your left lower leg up, feeling the muscle on your left outer hip (buttock) engage.
5. Then lower and raise your left lower leg 10 times while keeping your left outer hip (buttock) and left inner thigh muscles engaged.
6. Relax and repeat 2 more times.

Reference Center(s): *Left abdominals*