

COBRA

BB02

DIRECTIONS:

Lie face down on the ground looking away from the anchor point and hold the rope with 2 hands resting around your neck. With the pelvis serving as an anchor, relax the entire upper body as you comfortably let the rope pull you back and hold your upper torso in back bending suspension. Relax and breathe for 1 minute.

BENEFITS:

COBRA is a form of spinal extension that develops movement throughout the entire vertebral column by activating each intravertebral joint.

COBRA works the back extensors along with the levator scapulae, the lower traps, the rhomboids and the latissimus dorsi.