

Dish

- ✓ Start by lying down on your back
- ✓ Place arms straight back behind your head
- ✓ Keep legs together and straight
- ✓ Point fingers and toes
- ✓ Raise legs slightly off the floor
- ✓ Raise head and shoulders to the same level as legs

To make the Dish shape easier, bring arms down to rest by your side

