

Shaker Exercise



1. Lie flat on your back.
2. Lift your head and look at your toes (lift head only, do not raise shoulders).
3. **Hold** this position (the goal is 60 seconds).
4. Relax, lower head and rest one minute.

***Perform steps 1 to 4 three times.**

5. Lift head up and lower head quickly 30 times (head only, do not raise shoulders).

Tips

- Remember to breathe while doing exercises.
- Do all steps three times a day.
- Wait at least 30 minutes after eating before doing exercises.