

pillowcise™

by down etc ▲●●®

get the most out of your sleep.

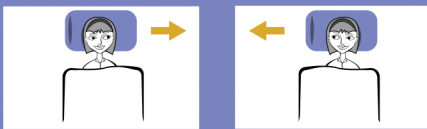


T 415 348 0084 | M 415 348 0085 | www.downetc.com

pillowcise practices:

- smile!
- think of something beautiful
- breathe naturally
- relax
- focus on stretching
- hold each exercise for 15-25 seconds

head tilt



lie down on your back. turn head to the left, then to the right, then back to center. repeat.

hand clap



lie down on your back. stretch arms out, then bring together and clap. repeat.

knee swing



lie down on your back. bring your knees to your chest. turn 15 degrees to the left, then to the right. repeat.

pillow press



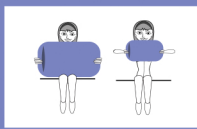
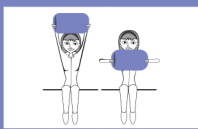
lie down on your back. bring pillow to your chest. extend elbows to raise pillow, then bring pillow back down to chest. repeat.

pillow lift



lie down on your back. bring pillow behind your head, then bring pillow above your chest. repeat.

alternating pillow press



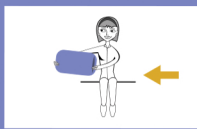
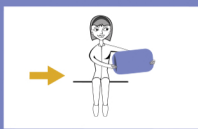
sit up straight. hold pillow in front of your chest. lift pillow above your head, then bring back down. extend pillow in front of your chest, then bring back in. repeat.

pillow swing



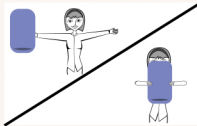
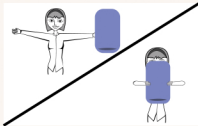
sit up straight. hold pillow above head. point pillow 15-30 degrees to the right, then to the left. repeat.

pillow twist



sit up straight. hold pillow in front of you. rotate pillow 45 degrees to the left, then to the right, then back to center. repeat.

pillow pass



sit up straight. extend pillow with right hand, pass pillow to the left hand, then extend. repeat.

pillow raise



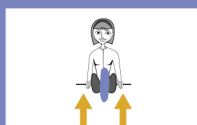
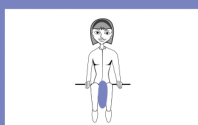
sit up straight. bring pillow above head, then lower the pillow behind head. repeat.

arm extension



sit up straight. use left hand to reach over to right side. do the same with the right, reaching over to the left side. hold stretch for 10-15 seconds.

knee raise



sit up straight. squeeze pillow between legs, then raise both legs 90 degrees. repeat.