**Arm raises with inhale-exhale**

**Avoid if**

* you are pregnant.
* have recently undergone abdominal or chest surgery.
* have spinal issues.

**Instructions:**

* **Starting Position:** Stand with feet shoulder-width apart, arms relaxed at your sides.
* **Inhale slowly and deeply from your abdomen for 4 - 5 seconds:** As you inhale, gently raise your arms out to the sides and up overhead.
* **Exhale fully for 6 - 8 seconds:** As you exhale, slowly lower your arms back down to your sides.
* **Repeat** for the recommended number of times or as guided.