

HEELCURVE HOCKEY CAT COW

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves spine flexibility, reduces tightness, and enhances movement control by alternating between spinal extension and flexion. It helps improve posture, relieve tension, and support overall mobility and recovery.

1 START

Start on your hands and knees with your hands under your shoulders and your knees under your hips. Keep your spine neutral and your gaze forward.



2 COW

Inhale as you arch your back, lift your chest, and drop your belly toward the ground. Tilt your pelvis up and look slightly upward.



3 CAT

Exhale as you round your back, tuck your chin toward your chest, and draw your belly button in. Tilt your pelvis down.



4 REPEAT

Continue to flow between cat and cow, syncing your breath with your movement for the desired time.



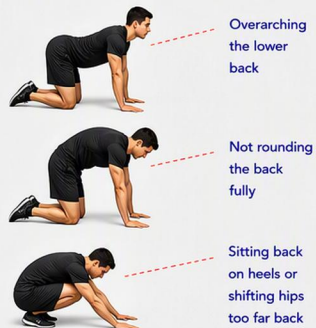
KEY POINTS

- Move slowly and with control.
- Coordinate your breath with the movement.
- Stay within a pain-free range of motion.
- Keep your hands under your shoulders and knees under your hips.
- Use this as a warm-up or recovery tool.
- Focus on quality movement, not speed.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Erector Spinae
- Abdominals
- Multifidus
- Glutes
- Hip Flexors
- Shoulders

TRAINING TIPS



Use as a warm-up, cool-down, or recovery drill.



Hold each position for 2–3 seconds and focus on smooth transitions.



Combine with other mobility and core exercises.



Include in your routine 3–5 times per week for best results.