CAT / COW

THIS EXERCISE SPECIFICALLY TARGETS THE PRIMITIVE REFLEX STNR (SYMMETRICAL TONIC NECK REFLEX).

STNR EXERCISE

HOW TO:

- Begin on all fours (hands & knees).
- Slowly extend neck, look at the ceiling.
  - At the same time, "push" belly towards the floor (this is the "cow" position).
- Slowly flex neck, look down at knees.
  - At the same time, "push" / round back up (this is the cat position).

- That is 1 rep.
- Continue "switching" for a total of 10 reps.
- Complete twice a day.