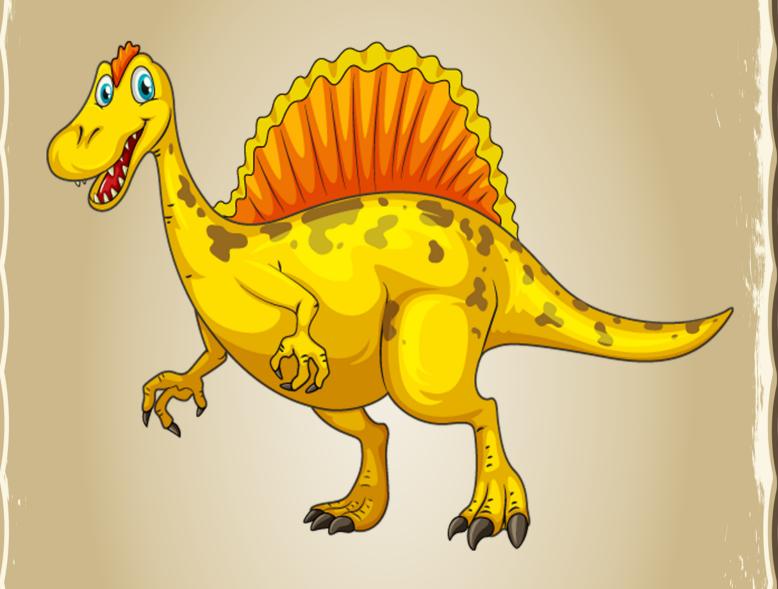
## Spinosaurus Stretch



Draw your belly to your spine and round your back towards the ceiling. Your back should be in an arch-like shape, similar the spines on the spinosaurus' back.