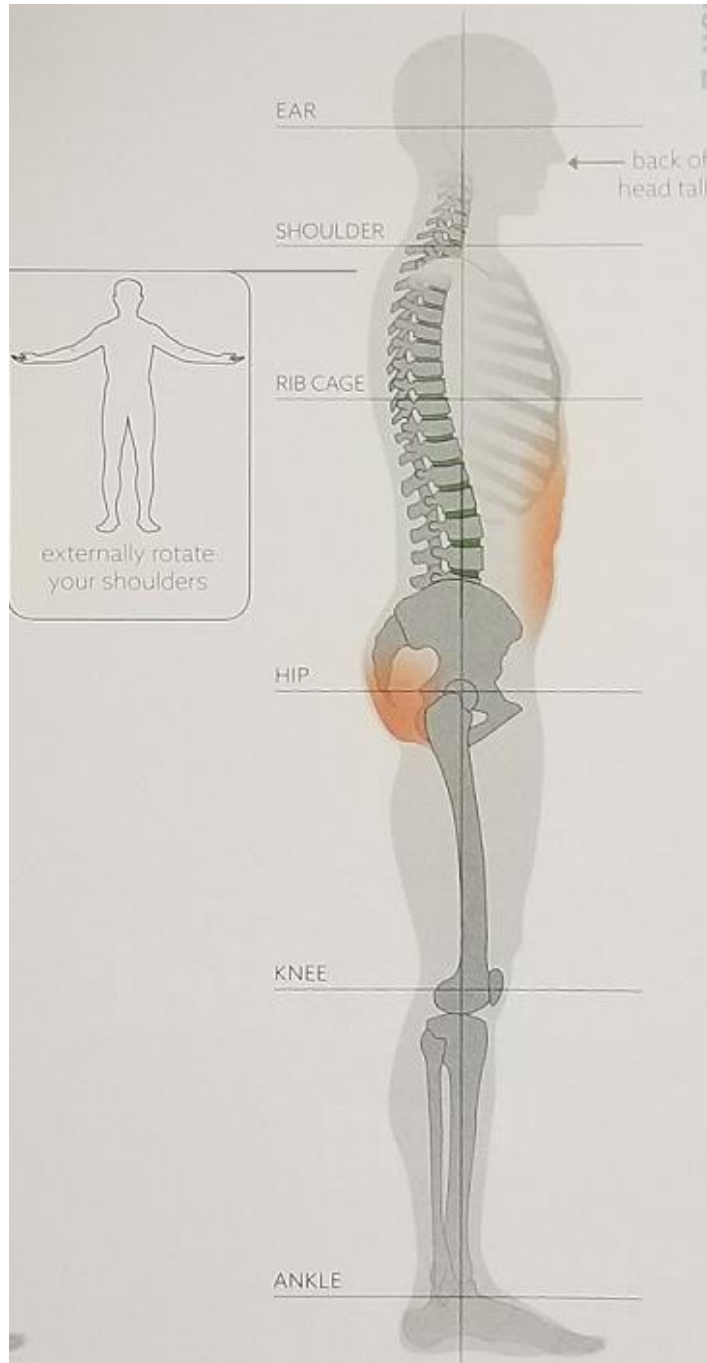


# Get Organized While Standing

**4. Face your palms forward**

**2. Squeeze your butt**



**5. Make sure your neck is directly over your shoulders and hips.**

**3. 1 belly breath out, squeeze your abs gently on the exhale.**

**1. Point your feet forward. Screw them into the ground outwardly**