



LOWER BACK STRETCHES

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STEP ONE

- on back
- bring both knees to chest and hold with arms
- breathe and relax

Hold for 20-30 seconds



STEP TWO:

- release right leg, keeping left knee to chest
- breathe and relax

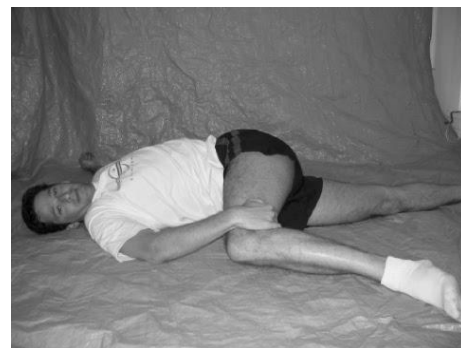
*Hold for 20-30 seconds.
Repeat with right leg*

STEP THREE:

- using right hand, pull left leg towards right side of body

Hold for 20-30 seconds.

Repeat with right leg



STEP FOUR:

- cross right leg so that right ankle rests on left thigh
- grasp below left knee or behind left thigh with both hands
- slowly bring left knee towards your chest

Hold for 20-30 seconds. Repeat with right leg

