

8031 – Back Stretches



Lie on back, legs stretched out. Pull one knee into your chest, with other leg stretched out straight on ground. Switch legs. Pull both knees into your chest and round your spine, head tucked in. Hold 15 seconds each.

Lie on back, feet on the floor, knees bent. Drop your knees to the floor on your right (keeping back flat on floor). Hold 15 seconds and drop knees over to the left. Repeat 6x.

Pelvic tilts. Hold the small of your back down into the floor by tightening your ab muscles. Hold for 10 seconds and release. Feel the small of your back lift off the floor and then repeat 10x.

Shoulder bridges. Bend your knees and place your feet under your knees, hip width apart. Lift your hips into the air, so your knees, your hips and your shoulders form a straight line. Hold up for 10 seconds and repeat 10x.

Figure 4 stretch. Keeping your knees bent, place right foot over the left knee. Grab the left thigh and pull towards your chest. Hold 20 seconds and then switch.

Lower back rotation stretch. In sitting position, legs stretched out in front of you, cross left leg over the right leg and hug it into your body with your right arm. Sitting up really tall, twist to the left to look behind you. Hold 10 seconds and switch sides.

Cobra. Roll over on front, feet slightly wider than your hips. Place your hands by your rib cage and slowly roll your upper body off the floor, keeping your shoulders down, tummy pulled in. Slowly place your rib cage, chest and head back down and repeat 10x.

Cat and Cow. Come up on all 4's and round your spine up to the ceiling, tucking your tailbone under and dropping your head. Then reverse that movement and tilt your tailbone up and look up. Hold 5 seconds in each position and repeat 10x. Drop your bum back onto your heels and hold there for 10 seconds.

Pigeon stretch. From a plank position, bring your right knee in towards your chest and place your right foot down in front of your left hip. Stretch your left leg back. Drop down to your elbows, resting your forehead on your fists. Hold for 30 seconds. Repeat on other side.

Side Stretch. Standing, place your right hand on your right thigh and lean over to the right, lifting your left arm above your head. Hold for 10 seconds and repeat a few times on each side.

Chair stretch. Sitting in chair, curl everything down until your chest is on your thighs and you can touch the ground with your hands. Hold for 10 seconds and curl up. Repeat 10x.

