Title: Foam Roller Lower Back Stretch

Primary Muscle Groups: Lower Back

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on the ground and place a foam roller directly behind your lower back. Bend your knees and place your arms across your chest. As your feet support you, carefully lean back and on to the foam roller.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Turn slightly towards the right. Slowly roll your body down towards the ground for 2 to 3 inches.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the bottom and roll back up. Continue this back and forth motion at a slow and controlled pace. Repeat on the other side.</span></li>

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