Title: Cat Back / Backward Camel Stretch

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ol>

<li>Kneel on a mat with your hands and knees shoulder-width apart.</li>

<li>Pull your abs in, hunch your back up and flex your spine.</li>

<li>Hold the stretch and then release to the starting position.</li>

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