Title: Cobra Abdominal Stretch / Old Horse Stretch

Primary Muscle Groups: Abs

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Lie face down with your hands under your shoulders.</li>

<li>Point your feet downwards to lengthen your spine.</li>

<li>Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.</li>

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

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