Title: Knee-to-Chest Lower Back Stretch

Primary Muscle Groups: Lower Back

Secondary Muscle Groups:

Summary: <ol>

<li>Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.</li>

<li>Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.</li>

<li>Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.</li>

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

<li>Repeat with the left leg.</li>

</ol>