Title: Scorpion Stretch

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ul>

<li>Lie face down on a mat or soft surface.</li>

<li>Place your hands at your sides for balance.</li>

<li>Keeping your shoulders touching the ground, raise the left foot straight up into the air.</li>

<li>Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.</li>

<li>Return the left leg to the ground and repeat on the other side.</li>

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