Title: Semi-Supine Laying Down / Constructive Rest Position

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a towel or yoga pillow on a soft surface like a carpet or yoga mat. Lie on your back positioning your head on the towel or pillow.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your knees and move your feet towards your butt. Make sure your feet are shoulder distance apart with toes facing slightly outward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your hands on your stomach. You should be able to feel your lower back touching the ground. Hold and maintain this position while taking deep breaths for the prescribed amount of time.</span></li>

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