

Lumbar Flexion (Flexibility)



1. Lie on your back on the floor, with your knees bent and your feet flat on the floor.
2. Gently pull your knees up toward your chest. Put your hands under your thighs to help pull your knees up.
3. Press your low back down to the floor. You should feel a stretch across your back. Hold for 15 seconds, or as instructed.
4. Lower your legs back down to the floor and relax.
5. Repeat 2 times, or as instructed.

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