

## Lumbar Stretch (Flexibility)



1. Lie on your back on the floor, with your knees bent and your feet flat on the floor. Don't press your neck or lower back to the floor.
2. Pull one knee up toward your chest. Clasp your hands under your thigh to help pull.
3. Hold for 30 to 60 seconds. Lower your leg back down to the floor.
4. Repeat 2 times, or as instructed.
5. Switch legs and repeat.



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