

Lower Back Rotation 2

Why we do it:

Increase flexibility in the lower back, preventing injury in other movements. Gently stretches muscles in the upper body too.

Functional Benefit:

Mobility
Flexibility



Lie on your back, knees bent and together with your arms out to the side.



Lower your knees to the right, rotating the lower spine. Keep your left shoulder on the floor.

Bring your right arm across and touch your left shoulder. Look at your left hand.



Bring your legs back to centre and your right arm back to your side.

Repeat on the opposite side.