

Lower Back Rotation 4

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 far apart with your arms out to the side.



Grab your right ankle and pull it close to the buttocks.

Extend your left leg out diagonally.



Reach your left hand to right knee then stretch your arm back diagonally. Let your head follow your hand.

Bring your left hand back to right knee then grab the left ankle and repeat on the opposite side.