

Lower Back Flexion: Level 1

Why we do it:

Lengthens the spine and relaxes back muscles allowing freedom in other movements.
Opens out the groin and hips.

Functional Benefit:

Mobility
Flexibility



Lie flat on your back, with arms outward, knees bent and feet hip-width apart on the floor.

Bring your left hand to your left knee. Extend the right knee.

Extend left arm back and place on the floor. Inhale.



Bring the right knee to the left and rotate your legs to the left.

Rotate the upper body, bringing your right arm to line up with the left.



Extend the left leg, and bend the right knee. Feel the stretch.

Lower Back Flexion: Level 2

Why we do it:

Lengthens the spine and relaxes back muscles allowing freedom in other movements.
Opens out the groin and hips.

Functional Benefit:

Mobility
Flexibility



Bend the left leg and bring your knees together on your side.

Grab your right ankle and raise your right knee and pull your leg back.



Release bringing your right leg across your body. Extend your left leg.

Bring your right arm diagonally to the floor, then rotate and backwards.



Bring your right arm to the floor, with your right knee following.

Lower Back Flexion: Level 3

Why we do it:

Lengthens the spine and relaxes back muscles allowing freedom in other movements.

Opens out the groin and hips.

Functional Benefit:

Mobility

Flexibility



Keeping your right knee bent, bring your left leg up to a right angle.



Bring your arms up to your sides. Parallel to the floor.



Hold that pose and feel the stretch in your hip and lower back

Bring your legs down, arms back at your side.