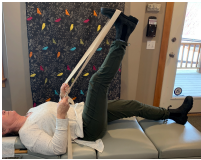


## 10 Minute Low Back Stretch

Lay on your back, take a yoga strap (belt, towel, or rope will work).

1. Stretch Hamstrings for 1 minute. Wrap strap around foot and pull leg up toward your head.
2. Let leg fall outward to the side, stretching the adductor muscles. Hold for 1 minute
3. Cross leg across the mid line, turn toes toward the floor. Stretching the IT Band. Hold for 1 minute.
4. Repeat on other leg.



5. Remove yoga strap, bend knees with feet on the floor. Cross knees, let both knees fall to the right. It doesn't matter if your knees ever touch the floor. Keep both shoulders on the floor. Hold for 1 minute
6. Keeping knees crossed, drop both knees to the left. Hold for 1 minute.
7. Uncross legs, and re cross with opposite leg on top. Drop knees to the right. Hold for 1 minute.
8. Drop knees both to the left. Hold for 1 minute.



Keep both shoulders on the floor and relax your neck and shoulders. The more you keep these relaxed, the more stretch you will get.