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# Back Stretches



## AIRLINE/BACK, LATS, PARASPINALS

Stand, placing one foot behind the other. Lift the same side arm and reach straight up. Slowly turn away from the stretching side and bend forward at the waist. You should feel the stretch in your sides and mid back area. Hold for approx 10-15 secs and repeat 3x, both sides.

## LOWER BACK

Option 1: Lie on your back with one knee bent up and foot flat on the floor. With your shoulders kept flat on the floor, roll the bent knee over the straightened leg until you feel a stretch in your lower back. You can apply more pressure by pushing your knee down with your opposite hand.

Option 2: Seated with legs outstretched, bend one knee and position foot over the straightened leg. Pull knee to opposite shoulder with opposite arm and twist torso towards the stretching side. You should feel the stretch in your lower back. Hold either position for approx 10-15 secs & repeat 3x, both sides.



## LOWER BACK

Lie on your back with arms outstretched & both knees bent to approx 90 degrees and feet off the floor. Exhale & twist knees to one side, keeping shoulders flat on the floor. Make sure your knees are in line with each other and one hip isn't dropping. Hold for approx 10-15 secs and change sides. Inhale as you return to centre. Repeat 3x both sides.



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