

# Prone Extension

**Why we do it:**

Strengthen and stretch back muscles.  
Stretch the glutes and hips.

**Functional Benefit:**

Mobility  
Flexibility



Lie on the floor, face down, forehead on hands.



Bend left knee and bring towards waist.



Reach left hand past right buttock, lifting and rotating your torso. Let your head follow your shoulder.

Return to neutral and repeat on opposite side.