

Lower Back Rotation 1

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

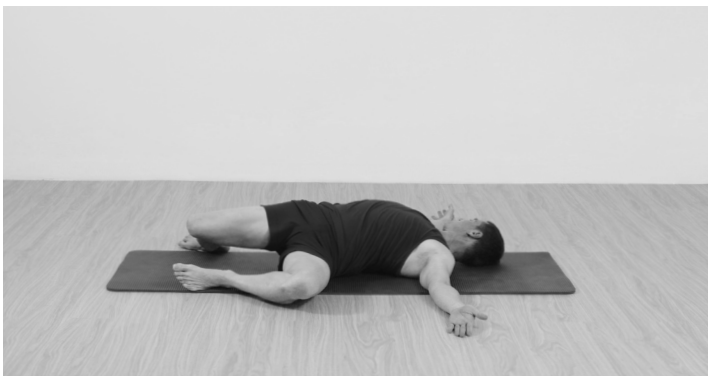


Lie on your back, knees bent and together with your arms out to the side.



Lower your knees to the right, rotating the lower spine. Keep your left shoulder on the floor.

Look to your left hand.



Return to centre and repeat on the left.