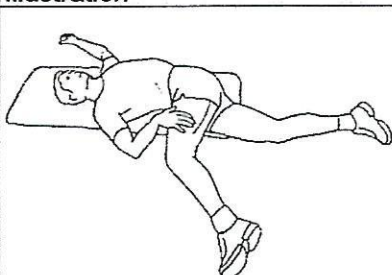
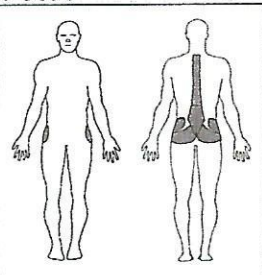
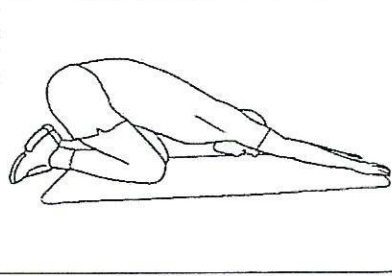
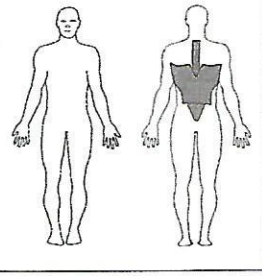
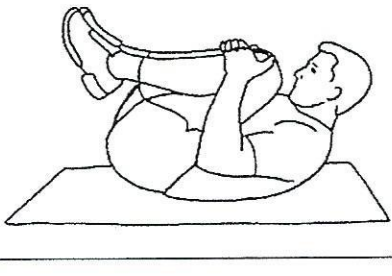
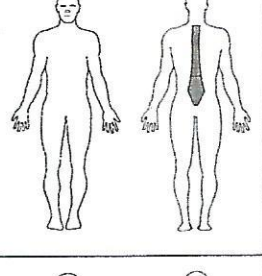
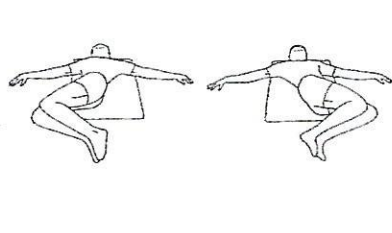
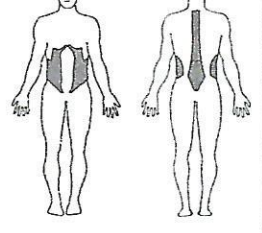
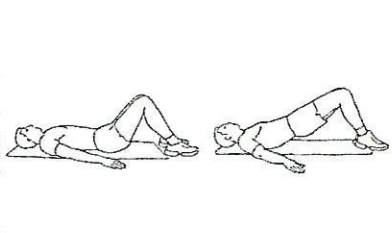
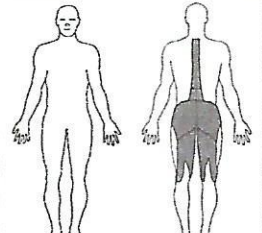


## Lower-Back Stretching

Exercise	Illustration	Focus	Exercise data	Comments
1 - Outside hip 1				Lie on your back, raise one leg and swing it to the other side of your body. Raise the arm on the same side as the raised leg above your head, until you feel a stretch in the outside of your upper body and your lower back. Hold for 30 seconds then repeat for the other side.
2 - Back 6				Sit on your knees and lower your upper body toward your thighs. Stretch your arms forward above your head and feel your back stretch. Hold the position for 30 seconds.
3 - Back 4				Lie on your back, pull your legs up to your chest and grasp your knees with your hands. Raise your head and try to rock back and forth while holding the position. Take a break after about 30 seconds.
4 - Supine sideways leg movement				Lie on your back with your feet on the floor and your hands out to the side. Place your palms downward and keep your legs together. Allow your legs to fall to the side, using your stomach muscles to lift them up again while keeping your lower back pressed down on the mat.
5 - Pelvis lift, lying				Lie on your back with your knees bent. Contract your buttocks and raise your pelvis and lower back off the mat. Hold for 3-5 sec., then rest for 3-5 sec.

