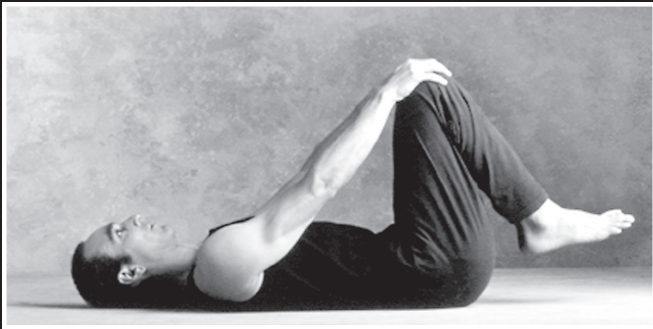


LOWER BACK LENGTHENER • 1**PURPOSE**

Creates isolated movement and circulation in the lower back abdominal area. Relieves lower back tension.

**MOVEMENT**

1. Lay on your back with your hands on your knees.
2. As you exhale, pull your knees into your chest and move your lower back down to the floor.
3. As you inhale, move your knees away from your chest.
4. Continue this rhythmic movement five to seven times. Then stay with your knees into your chest for three breaths.

KEY POINTS

- Use this movement to expand your inhale and exhale.

