

Double Knee to Chest

Description: Stretches the buttocks and the low back.

Before: Lay on the floor with your head relaxed and your hands holding onto your shins.

After: Pull your knees up to your chest one at a time until your body is in a tight ball and your hips and low back are peeling away from the floor. It helps to grip one of your wrists with the opposite hands to get a maximal stretch.



Before



After