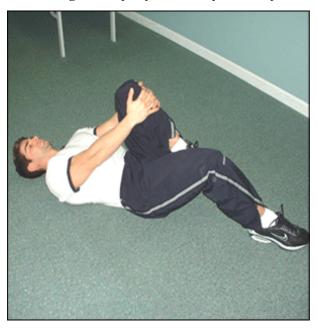


Single Knee to Chest

Description: Stretches the buttocks and the low back.

Before: Lay on the floor with your head relaxed and your hands holding onto the shin of one of your legs.

After: Interlock fingers and pull your knee up towards your chest.





Before After

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