

## **BACK STRETCHES**

**HOLD ALL STRETCHES FOR 10-15 SECONDS**

**DO NOT BOUNCE**

1. Sit on floor, legs together, touch toes.
2. Sitting on floor, legs apart, stretch right hand to left foot, then left hand to right foot, then center.
3. Sitting, bend right leg in and stretch, bending left and right, then reverse legs and repeat.
4. Sit with legs crossed, stretch to sides left, then right, then twist left and right.
5. Sitting, cross left leg over straight right leg with left foot flat on floor and twist at waist to the left, repeat other side.
6. Flat on back, arms out, cross right leg over twisting at hips, then do the same with the left leg. Keep shoulders flat on floor.
7. Flat on back, left leg straight pull right knee up to chest, hold, then reverse, then pull both knees up to chest.
8. Standing, right arm up over head, stretch side, bending left. Repeat other side.
9. Standing, one leg up on chair or table, bend forward. Repeat other side.
10. Standing, bend to touch toes slow and easy, do not bounce. Then cross right foot and touch toes, then cross left foot and touch toes.