

FitBreak Stretches

Lower Back



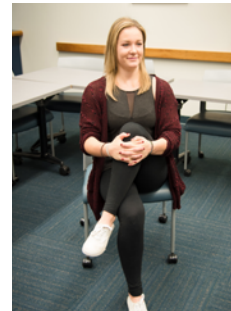
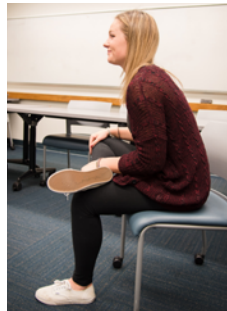
Downward Dog on Desk

Place hands on desk. Walk back and hinge forward. Total: 30 seconds.



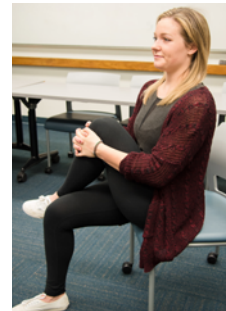
Seated Figure Four

Cross one leg in a figure four. Lean forward, push down on knee. Total: 30 seconds.



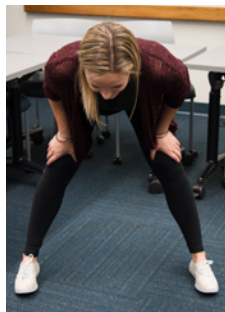
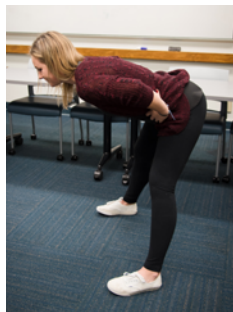
Seated piriformis

Cross one leg and hug knee to chest. Total: 30 seconds.



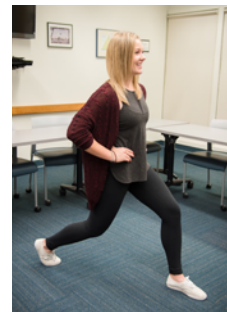
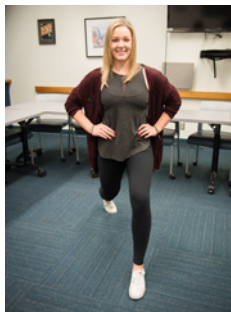
Single leg hip hinge

Place one heel in front. Bend back knee and hinge forward. Total: 30 seconds.



Wide stance forward fold

Spread feet in very wide stance. Hinge forward. Total: 30 seconds.



Standing hip flexor

Take a big step back. Tighten abs and glute. Lower back knee. Total: 30 seconds.



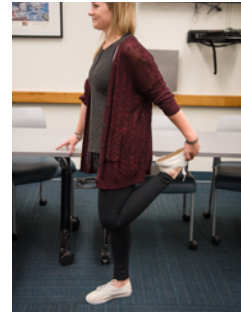
Two leg seated hinge

Sit against wall. Walk feet forward and hinge. Total: 30 seconds.



Elevated toes, calf stretch

Place forefoot on thick book or surface 2" high. Push hips forward. Total: 30 seconds.



Quad stretch

Grab foot or shin. Pull heel to butt. Total: 30 seconds.



Side Reach

Reach one arm up, then lean over side. Total: 30 seconds.