

Chair Lower Back Stretch

This move will help you to relieve tension in the lower back and hamstring muscles.

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Model: Courtney Miller Photos by: Darlene Czech



Figure 1

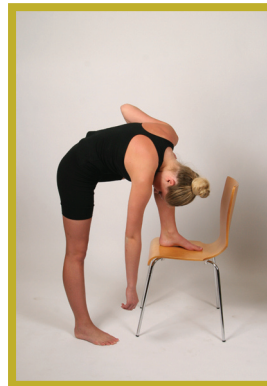


Figure 2

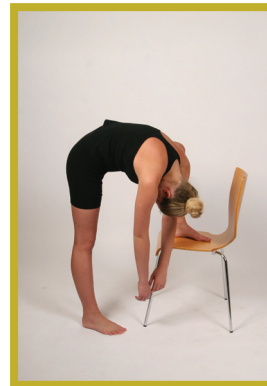


Figure 3



Place one foot on a chair and place one hand on thigh for support. Slowly let your body relax forward while letting your head hang freely. Inhale, exhale. If you are comfortable, you can take this move further by allowing the hand on the thigh to hang freely with the other. Inhale, exhale. Finally, place the hand back on the thigh and return to your standing position. Repeat on the other side.



Keeping one foot on the chair adds support and releases any strain on the lower back.



Repetitions:

X Per Day:

Notes:

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."
-Source Unknown

