

**Spine Extension**

Lying on the floor in the push-up position. With the hands level with the armpits, push the trunk off the floor, allowing the chest and tummy to 'peel' off the floor. Don't lift up any higher than when your belly button leaves the floor. Repeat 5-6 times slowly.

Lift chest and look up



Hands below armpits

**Prayer Stretch**

On all fours with the knees apart and the toes together. Lean back so that your buttocks lower towards your heels. Lift your tailbones to avoid slumping your lower back. Stretch forwards with the arms.

Hold for 5-10 deep breaths



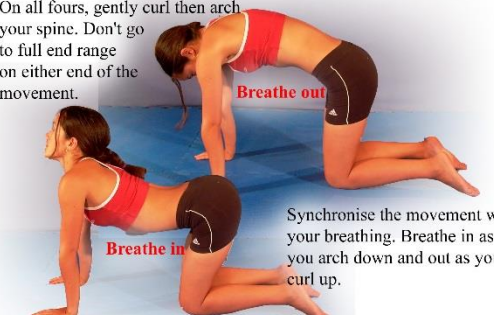
**Cat Curls**

On all fours, gently curl then arch your spine. Don't go to full end range on either end of the movement.

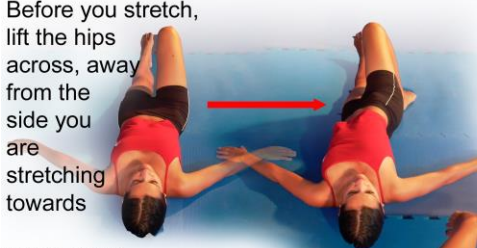
Breathe out

Breathe in


Synchronise the movement with your breathing. Breathe in as you arch down and out as you curl up.



Before you stretch, lift the hips across, away from the side you are stretching towards



If you don't do this you will hyperextend the spine when performing the stretch



**Rotation Stretch**

Gently pull one knee across the body to create a stretch in the lower back. Hold for 4-5 deep breaths before repeating on the other side.

**Caution:** If you have lower back problems don't assume this is the stretch for you. Seek qualified advice before trying it.

