

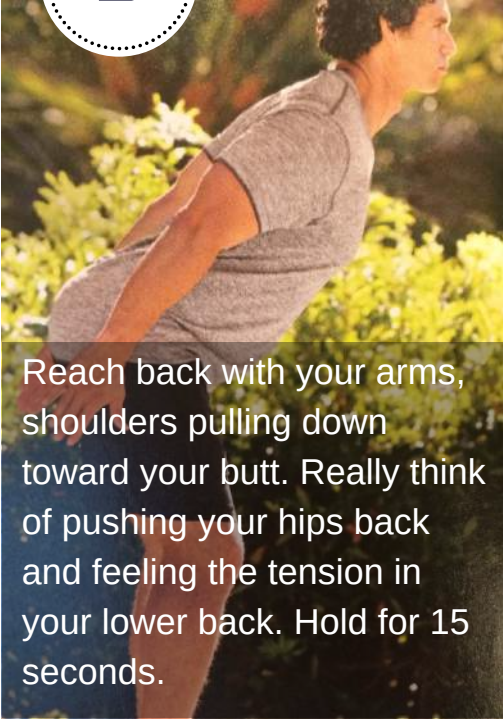
THE Founder

Lower Spine Movement Tactic

1

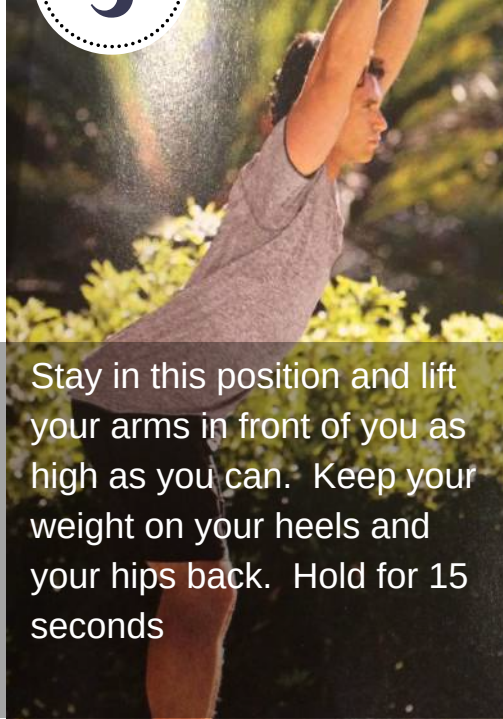
Stand with your feet shoulder width apart. Bend your knees slightly. Keep your weight on your heels. Extend your spine by hinging from your hips.

2



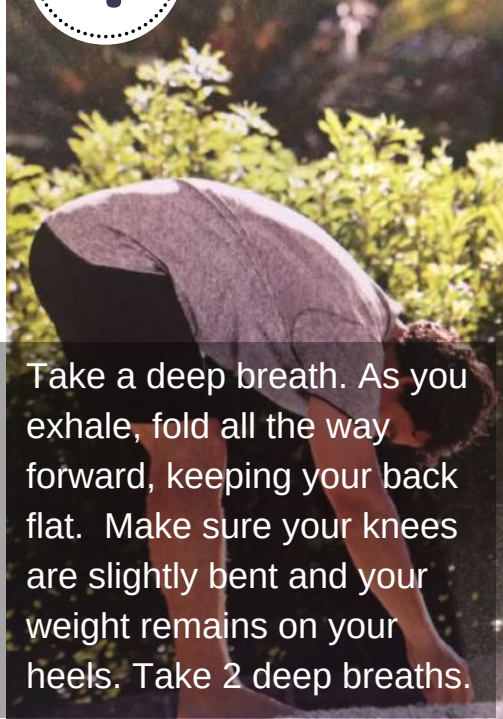
Reach back with your arms, shoulders pulling down toward your butt. Really think of pushing your hips back and feeling the tension in your lower back. Hold for 15 seconds.

3



Stay in this position and lift your arms in front of you as high as you can. Keep your weight on your heels and your hips back. Hold for 15 seconds

4



Take a deep breath. As you exhale, fold all the way forward, keeping your back flat. Make sure your knees are slightly bent and your weight remains on your heels. Take 2 deep breaths.