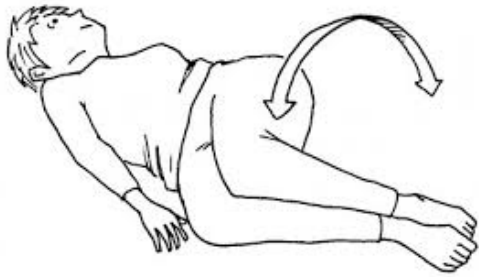


# LOW BACK STRETCHES



Spinal Twist- Both Legs



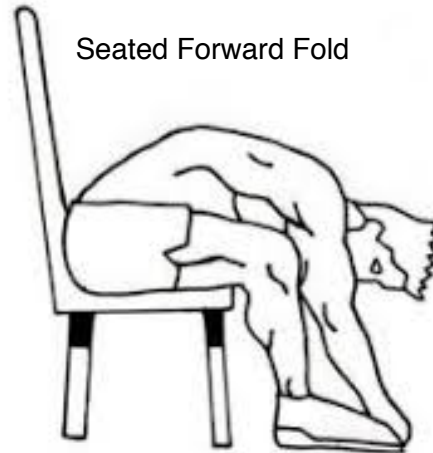
Childs Pose



Knees Held into Chest



Spinal Twist- Individual Leg



Seated Forward Fold



WorkoutLabs.com

Standing Forward Fold



Cat/Cow Stretch



Seated Low Back Twist