

### 7 CROSSOVER STRETCH

With shoulders flat on floor, gently pull bent knee toward floor—hold. Exhale as you return to starting position. Reverse and repeat.



### 8 FOOT CIRCLES

With bent knee, circle foot in both directions, then flex foot forward and back. Repeat with other foot. Hip and knee do not move.



### 9 GRAVITY RELAXATION

Rest leg on chair, knee bent at right angle, other leg is straight. Relax and breathe evenly. Lower back should settle flat to floor (5-7 minutes). Reverse and repeat.



### 10 WALL SIT

"Sit" with hips and shoulders flat to wall, knees in line with ankles. Rotate pelvis to flatten lower back against wall—hold and breathe. Feel stretch in front thighs, not in back or kneecaps. If you feel pain in back, lean head and shoulders forward.



#### TIPS:

- Most low back problems are related to a combination of poor posture, inadequate muscle tone and stress.
- Consider dietary adjustments: cut down on fat, sugar and alcohol.
- Plan on about 30-45 minutes of daily cardiovascular exercise.
- Before getting out of bed, pull both knees to chest, take knees side to side, do stretches #7 and #8. Exhale while standing up.

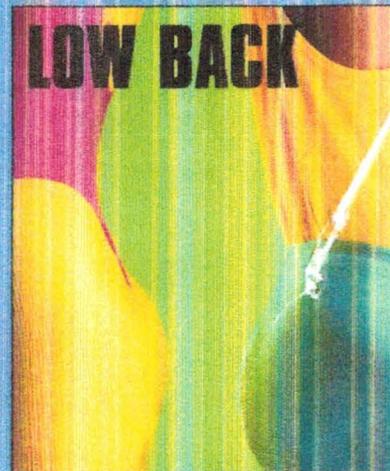


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# STRETCH OUT

## IMPROVE FLEXIBILITY

# LOW BACK



Check with your physician before beginning any exercise program.

### 1 INNER THIGH SQUEEZES

With knees bent, squeeze ball using inner thighs only. Do not lift hips. Release and repeat.



### 2 INNER THIGH STRETCH

Sit with heels against wall, soles of feet together. Press gently downward on inner thighs. Hold and breathe.



### 3 CALF & HAMSTRING STRETCH

**Calf:** With cord at ball of foot, leg straight and tight, pull toes down. Do not lift hips. Hold.  
**Hamstring:** Place cord at center of foot. With knee locked, raise leg toward chest. Do not lift hips.



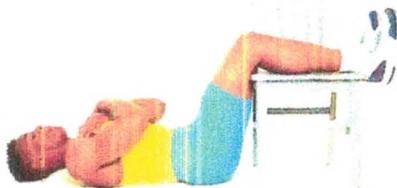
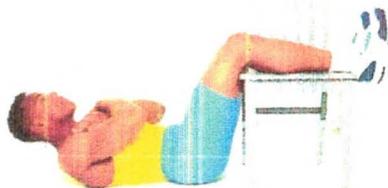
### 4 HIP STRETCH

Lift left knee toward left shoulder. With right ankle on left knee, press right knee away from face. Hold and breathe. Reverse legs and repeat. Feel stretch in hip and buttocks.



### 5 STOMACH CURLS

With hands on chest, inhale, then contract stomach, pulling down into floor—hold and exhale. To enhance exercise, lift shoulders off floor while contracting stomach muscles. Back remains flat.



### 6 CATS & DOGS

On hands and knees, arch back to bring hips and head toward each other. Relax, then pull belly down, head up to round back. Keep arms straight.



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