



INSTRUCTIONS

LOW BACK STRETCH

CATEGORIES: Flexibility, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/low-back-stretch>

Back

Upper Body



Steps:

- Begin in a plank position
- Engage your belly and press your hips towards the floor
- Gently press your hands into the floor, arching your back and looking up.
- Squeeze your butt and leg muscles
- Hold for 5 counts
- Return to the plank position
- Repeat 8 – 10 times.