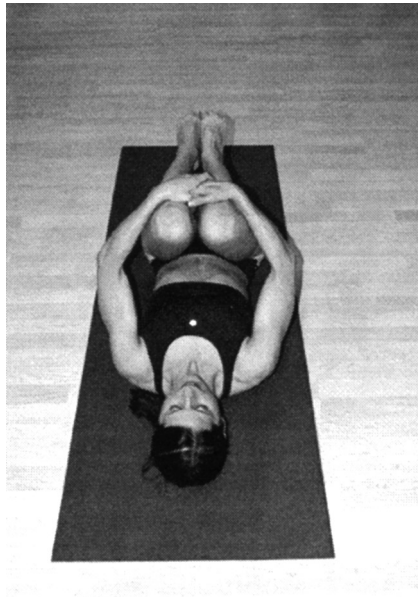


Leg Tuck (Low Back)

Lie on your back and use your arms to pull your knees to your chest as much as possible and hold at least 30 seconds.



Straight Leg Waiter Stretch (Low Back and Hamstrings)

Stand with feet close together and knees straight with hands out in front with elbows bent at 90-degrees as shown. Bend forward at the hips sticking your buttocks out behind you but keeping your legs straight. Hold for at least 30 seconds.

