

Spine Stretch Forward

The Spine Stretch Forward is a great beginner exercise that improves flexibility along your spine and in your hamstrings. As you perform this simple stretch, focus on articulating your spine as you slowly curl your body forward.

HOW TO DO IT

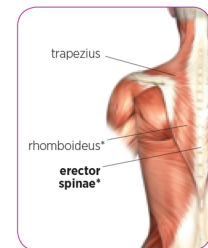
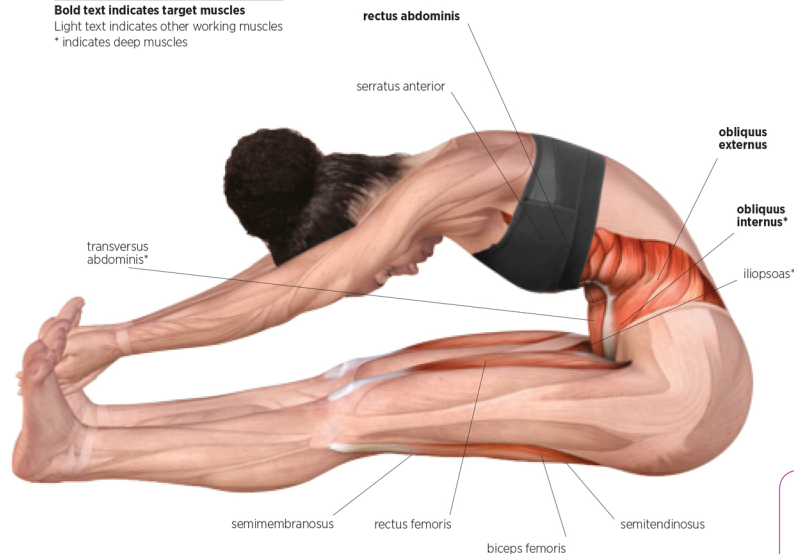
- Sit up tall with your legs extended in front of you slightly more than one hip-width apart.
- Flex your feet, place your palms on the floor by your hips, and inhale.
- Exhale as you curl forward, beginning with your head, neck, and upper back.
- Reach your arms forward, with palms facing up, and try to touch your feet.
- Hold for the recommended time, slowly roll back to an upright position to release the stretch, and then repeat for the recommended repetitions.



DO IT RIGHT

- Create a C-curve along your spine, from head to tailbone.
- Feel your ribcage expand outward as you inhale.
- Avoid shifting your pelvis or rolling your knees inward.

Annotation Key
Bold text indicates target muscles
 Light text indicates other working muscles
 * indicates deep muscles



FACT FILE

TARGETS

- Spine
- Obliques
- Thighs

TYPE

- Static

BENEFITS

- Improves back flexibility
- Strengthens and lengthens torso
- Lengthens calf and hamstring muscles

CAUTIONS

- Back issues
- Hip issues

Abdominal Kick

When your hip flexors are tight, they pull on your lower spine, which can cause lower-back pain. Exercises like the reclining Abdominal Kick are a great way to keep your hip flexors limber, strengthen your core, and reduce tension in the lower vertebrae of your spine.

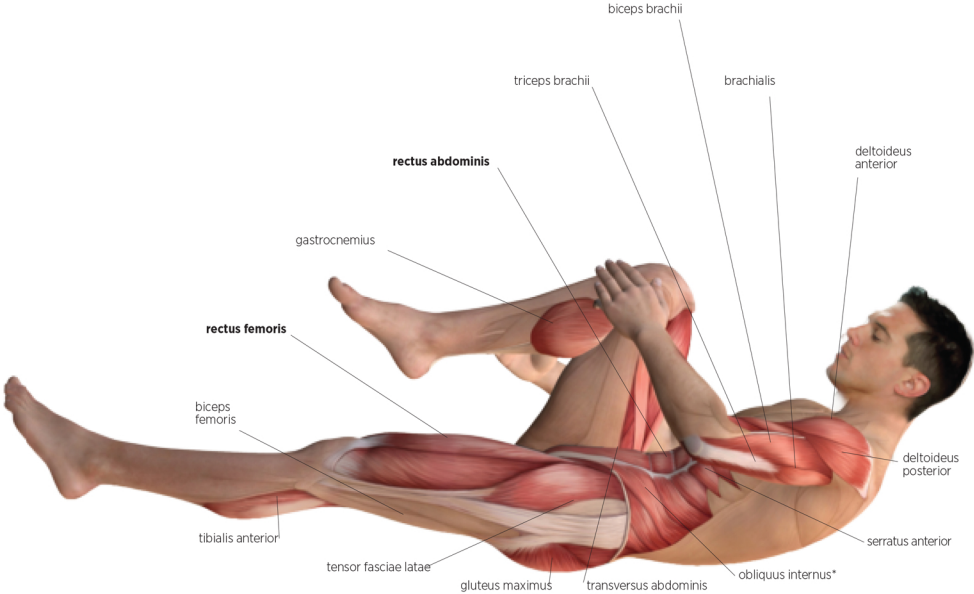
HOW TO DO IT

- Lie supine on the floor with your knees bent.
- Pull your right knee toward your chest and straighten your left leg, raising it about 45 degrees from the floor.
- Place your right hand on your right ankle, and your left hand on your right knee to maintain proper alignment of your leg.
- Alternate straightening and bending your legs, switching your hand placement at the same time.
- Repeat for the recommended repetitions.

DO IT RIGHT

- Place your outside hand on the ankle of your bent leg, and your inside hand on your bent knee.
- Lift the top of your sternum forward.
- Avoid allowing your lower-back to rise off the floor.
- Use your abdominals to stabilize your core while switching legs.

Annotation Key
Bold text indicates target muscles
Light text indicates other working muscles
* indicates deep muscles



FACT FILE
TARGETS

- Spine
- Hip flexors
- Abdominals

TYPE

- Dynamic

BENEFITS

- Strengthens abdominals
- Stabilizes core and spine

CAUTIONS

- Neck issues
- Lower-back pain