

# TORSO STRETCHES

## 6. PARAVERTEBRALS,



- Head Down
- Arch back upward

## LATISSIMUS



- Shift to sitting on heels position

## AND QUADRATUS LUMBORUM



- Shift buttock to sit on right heel as you shift the arms to the left
- Shift buttock to sit on left heel as arms shift to right
- Repeat

## 7. RECTUS ABDOMINUS, ILIOPSOAS

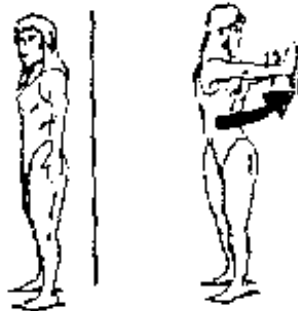


- Arms extended overhead
- Allow one leg to hang freely off edge of support



- Move buttock to end of support
- Extend legs over end of support
- Support feet at a lower level (e.g. on chair, seat)

## 8. PARAVERTEBRALS, LATISSIMUS AND QUADRATUS LUMBORUM



- Stand with back to wall
- Slowly turn body (shoulders and hips) to place hands on wall behind you