

Lower Back Mobility



Exercise Order

Knee Rolls
Knee to Same Shoulder Left and Right
Knee Rolls
Knee to Opposite Shoulder Left and Right
Knee Rolls
Knee Across the Body Left and Right
Knee Rolls
Figure 4 Stretch
Knee Rolls

Piriformis Stretch
Cat and Camel Stretch

10 Knee rolls (5 each way)- Trying to keep shoulders down

Hold stretches for 20 seconds

Repeat a second time, if time is a constraint then miss out the knee rolls.