



POWERLIFT[®] STRETCH

- Stand with feet in an extra wide stance.
- Bend your knees to about a 100 degree angle.
- Bridge your elbows to the inside of your thighs and lift your head and chest to put your low back curve in place (in neutral).
- Move your hips and pelvis back and forth and sideways. Feel the stretch in the muscles of your hips and pelvis.
- Do for 30 seconds or until you feel adequately loosened up.