



- Bend your knees and bring yourself down into a squat position.
- Now round out your lower back curve by tipping your head down and putting your hands out in front of you and down on the floor.
- Feel the stretch in your lower back muscles.
- This stretch works great after standing for long periods of time such as when shopping or standing as you work.
- Hold for 30 seconds or until you feel that your low back has been adequately stretched out.

## SQUATTING LOW BACK STRETCH