



Torso Stretch

Purpose:

Stretch the midsection (waist).

Starting Position:

Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Place hands behind your head, as shown, with elbows out to the side. You can also cross your arms over your body or leave them at your sides, whichever is most comfortable.
- Bend your body to one side at the waist. Keep your head facing forward.
- Hold for 5 seconds. Return to starting position.

Repeat:

6 to 8 times on each side. Rest, then do a second set.

