FitBreak Stretches
Lower Back

- **Side Reach**
  Reach one arm up, then lean over side.
  Total: 30 seconds.

- **Quad stretch**
  Grab foot or shin. Pull heel to butt.
  Total: 30 seconds.

- **Downward Dog on Desk**
  Place hands on desk. Walk back and hinge forward.
  Total: 30 seconds.

- **Seated Figure Four**
  Cross one leg in a figure four. Lean forward, push down on knee.
  Total: 30 seconds.

- **Single leg hip hinge**
  Place one heel in front. Bend back knee and hinge forward.
  Total: 30 seconds.

- **Wide stance forward fold**
  Spread feet in very wide stance. Hinge forward.
  Total: 30 seconds.

- **Standing hip flexor**
  Take a big step back. Tighten abs and glute.
  Lower back knee. Total: 30 seconds.

- **Seated piriformis**
  Cross one leg and hug knee to chest.
  Total: 30 seconds.

- **Two leg seated hinge**
  Sit against wall. Walk feet forward and hinge.
  Lower back knee. Total: 30 seconds.

- **Elevated toes, calf stretch**
  Place forefoot on thick book or surface 2” high. Push hips forward.
  Total: 30 seconds.

To see videos of the stretches, visit: https://bit.ly/2vizKkj