

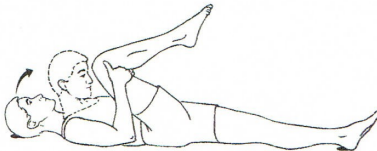
# Stretching for Low Back / Core

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach



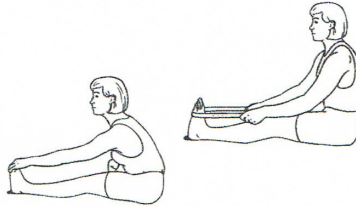
*Reduce back and sciatic pain naturally  
through stretching and premium nutraceuticals*

LOWER BACK - 1 Extensors / Gluteal



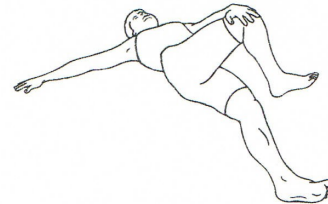
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 20 seconds. Repeat with other knee. Repeat 2 times. Do 1 sessions per day.

HAMSTRINGS - 2 Pull Back Toes, Single Leg



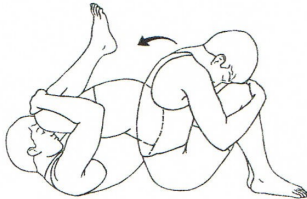
With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg. Repeat 3 times. Do 1-2 sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

LOWER BACK - 5 Mid and Lower Extensors



With chin on chest, gently roll back and forth on spine. Repeat      times. Do      sessions per day.

LOWER LEG - 14 Gastroc



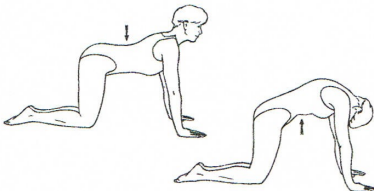
With strap or towel around ball of foot, gently pull back until stretch is felt. Hold 30 seconds. Repeat with other foot. Repeat 3 times. Do 1 sessions per day.

GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold 30 seconds. Repeat 2 times. Do 1 sessions per day.

LOWER BACK - 6 Lumbar Extensors



From starting position, tuck chin and tighten stomach while arching back. Hold 6 seconds. Repeat 12 times. Do 1 sessions per day.

UPPER LEG - 3 Quadriceps



With left hand grasping right leg, gently pull heel toward buttocks until stretch is felt. Hold 30 seconds. Repeat with other heel.

Repeat 2 times. Do 1 sessions per day.

LOWER LEG - 8 Gastroc



Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.

Repeat 2 times. Do 2 sessions per day.

NECK - 10 Side Benders



While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 15 seconds. Repeat to other side.

Repeat 6 times. Do 1-2 sessions per day.

## Don't just live life, feel exceptional!

### Professional Services Available:

[Nutrition and Life Coaching](#) (local sessions and secure online video coaching)

### Premium nutraceuticals to help you live an exceptional and pain free life:

[OmegaPlex](#) - Helps naturally control inflammation as well as general wellness

[JointPromotion](#) - Lubricates and protect joints to help improve mobility

[Amplify A.T.](#) - Helps with aging process and joint health

[Stretching strap](#) - Certain stretches will be made easier when utilizing a strap

