

## Abdominal Stretch

**Description:** Stretches the low back & abdominal muscles.

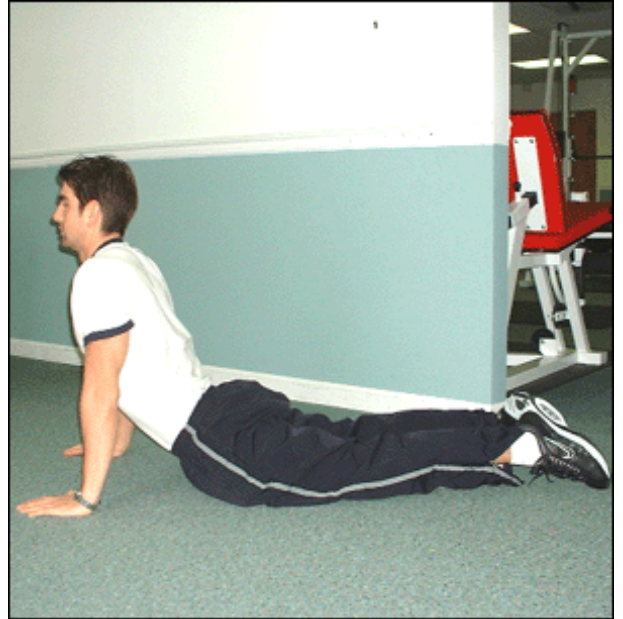
**\*Please note that you will only hold this stretch position for 10 seconds at a time which differs from all the other stretches in our stretching program.**

**Before:** Lay on your stomach propped up on your elbows and take a deep breath while looking forward at the wall in front of you. If you feel little or no stretch in your lower back and abdominals proceed to the "After" position.

**After:** Return back to the "Before" position however this time slowly push away from the floor with your hands flat on the floor until you feel either a stretch in your abdominals or a slight pressure in your lower back (or both). At this point take a deep breath to intensify your abdominal stretch. If you feel any pain in your lower back when performing this stretch stop immediately and notify your trainer.



**Before**



**After**