

CorkScrew

Description: Stretches the rib cage, low/mid back, hip, outer thigh, chest and shoulder.

Before: Lay on the floor with the right leg bent and crossed over the left leg. Turn slightly to prop yourself onto your left hip. Place your left hand on the outside of your right knee. Raise your right arm straight over your head.

After: First, pull your right leg across your body towards the floor with your left hand until you feel a stretch across your low back and/or hip area. Then, slowly let your right arm fall out towards the floor at an angle even with your right shoulder. Repeat on the other side.



Before



After