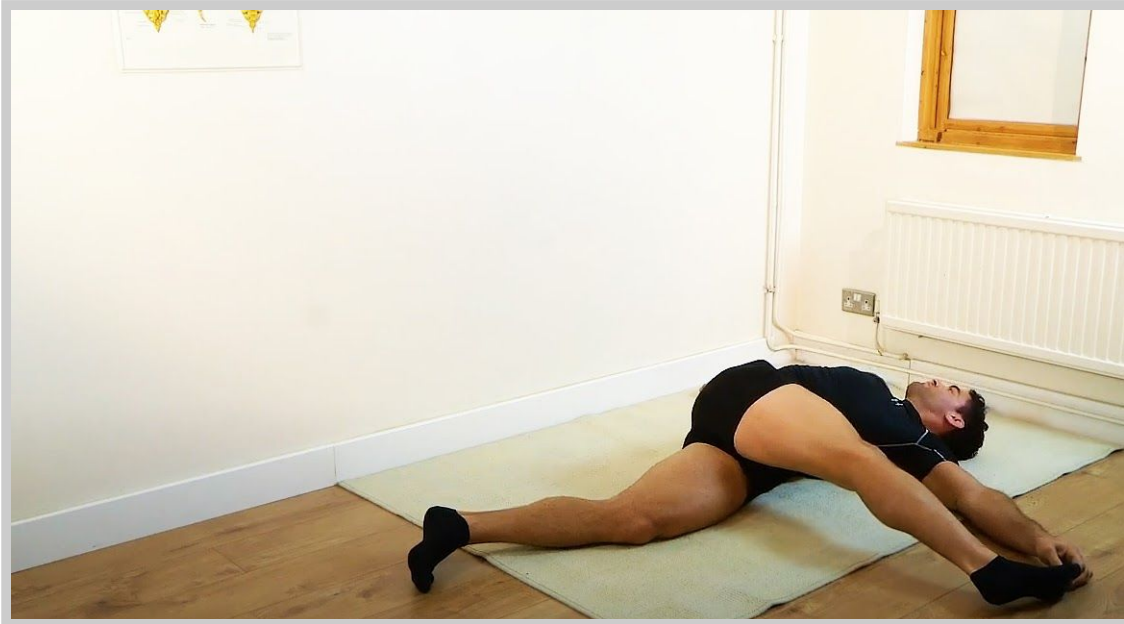


LUMBAR ROLL

LUMB84



AREAS AFFECTED

Lumbar spine
Glutes
Tensor fasciae latae
Torso

ADVICE

Lie face-up. Bring one leg straight over the other, keeping the knee straight. Keep shoulders flat on the floor and rotate your head to the opposite direction. Hold for a few seconds. Repeat the other side.