

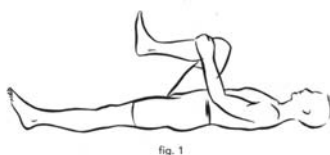
# The 5-minute low back yoga workout

These exercises are designed to stretch and strengthen your back. Read through all instructions before beginning an exercise. Breathe normally and don't bounce.

## 1 WHAT Knee Hug

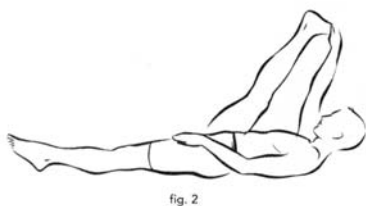
**HOW** A. Lie on your back. B. Bring your right knee to your chest. Hold for several breaths. Slowly lower right leg and repeat on other side. C. Bring both knees to your chest. D. Gently roll from side to side, massaging your back. E.

For a variation, place your hands on your knees, part your knees slightly, and make slow circles with them. F. Allow your movements to be slow and lazy. Keep your head on the floor at all times.



## 2 WHAT Spider (Supta Padangusthasana)

**HOW** Lie on your back, legs straight. B. Wrap thumb and forefinger of your right hand around the big toe of your right foot. Inhale. Exhale and slowly raise your head; look down at the left foot. C. Straighten right knee as much as possible and bring it as close to your nose as you comfortably can. Keep left leg on floor, heel extended. D. Hold for up to 20 seconds. E. Slowly lower right leg and repeat on other side.



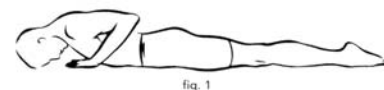
## 3 WHAT Through-The-Hole Stretch

**HOW** A. Lie on your back with both knees bent, head on the floor. B. Cross your left leg over your right thigh. Center ankle bone on right knee. Bring your left arm through the space between your legs and around right thigh. Clasp hands. C. Draw right thigh toward your chest. Move left knee away from your body. D. Hold for several breaths. As you exhale, draw right thigh slightly closer to your body. E. Unclasp hands; undo legs. Re-



## 4 WHAT Cobra (Bhujangasana)

**HOW** A. Lie face down. Keep your buttocks firm and feet close together. B. Put palms flat on the floor under your shoulders. C. Inhale; curl your upper body as you slowly raise your brow, nose, chin, shoulders, and chest. Pelvis remains on the floor. D. Relax your shoulders and arms. Breathe. E. Slowly lower your body: waist, chest, chin, nose, brow.



## 5 WHAT Reclining Spinal Twist (Jathara Parivrttanasana)

**HOW** A. Lie on your back. Bring both knees near chest, keeping knees together. B. Extend arms out to your sides in T position. Roll legs and hips to the left, touching the floor. Right foot on left foot; right knee on top of left knee. C. If back arches, move knees closer to ribs. D. Turn your palms up and angle arms into V shape. Slowly turn your head to the right, away from knees. E. Allow your back to relax. Hold for one to two minutes. F. Slowly roll legs back to center. Repeat on other side.

