

RECLINING TWIST





RECLINING TWIST

Target area:

Mid thoracic (mid back)

ITB - top with straight leg

Method:

Lie flat on your back with legs long. Raise your left leg above you and bend at the knee.

Place your right hand on your left knee and extend your left arm out to the side on the floor.

Guide your left knee to the right crossing over your body and flipping on to the right side hip.

Turn head and look to the left.

The goal here is to keep your left shoulder blade flat on the floor as your left knee falls to the floor.

This is a strong twist into the mid back so take it slowly.

Allow the weight of your left leg to bring you deeper into the stretch. focus on using gravity to get depth.

Breathe calmly and deeply.

Repeate on the other side

For a stronger stretch you straighten the bent leg and hold at the ankle or foot.

Hold Time:

1:30mins - 5mins

When to do:

First thing in the morning out of bed or after shower

Anytime during day especially if sitting a lot