

DANGLE





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Target area:

Spine

Lower back with knees bent

Hamstrings with knees straightened

Method:

Stand with feet hip width apart and parallel.

Fold forward to a comfortable but stretched position.

Frame the head with your arms by placing hands into opposite elbow crease.

Aim to place your torso on your thighs. Head and neck are relaxed and long. Look between your legs.

Bring your weight out of the heels so you do not lean back. Lean forward to balance into the toes.

For LOWER BACK stretch bend the knees.

(see below image).

For HAMSTRING stretch

keep knees straight

(see front image)

Hold Time:

1:30mins - 5mins

When to do:

Anytime.

Good if sitting a lot, e.g. after driving or computer work

