



The Half Roll Back

Focus: Increase lower back mobility. Strengthen shoulders & muscles around Lumbar pelvic area.

Reps: x 10



Start position, sitting on top of sit bones (boney part of bottom). Arms reached out in front of you, palms down. Spine flexed forward over knees. Feet flat on floor hip distance apart.



Exhale to engage the abdominals and flex the lumbar (lower) spine as you roll back towards the mat. Keep your eyes gazing forward and shoulder blades active. Ensure your feet stay grounded & don't lift up from the mat.



Inhale back to start position.

Ensure you keep abdominals connected throughout the exercise