

QL Stretch



Sit sideways on a sturdy-backed chair.

Twist your upper body so that you face the back of the chair.

Engage your core and try to twist your body back towards your legs, whilst still holding onto the back of the chair. Hold this position for 5 seconds.

Relax your core muscles and rotate your upper body again towards the back of the chair, this time rotating even further.

Repeat this process until you can rotate your body no further. Always be sure to complete the stretch on both sides of your body.

You should feel the stretch through your side and lower back.

