All Fours Lower Back Extension

From a hands and knees position, extend your right arm and left leg as shown. Keep your left elbow slightly bent because it is bearing weight. Keep your body straight from your fingers to your toes.

Inhale and bring your right arm and left knee toward your chest. Exhale and return to the starting position.

When you have completed your set, repeat on the opposite side.

Erector Spinae (Lower Back)