



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

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RED FRIDAY  
RUN  
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## GENTLE BACK STRETCHES



### 1. PRONE EXTENSION

From the prone position (lying on your stomach), prop yourself up on your forearms, placing your hands at a comfortable distance.

- Scoop your chest up toward the ceiling as you squeeze your shoulder blades together.
- The motion should be happening primarily in your upper and mid back. If you have too much motion happening in the low back, this will cause unnecessary strain. Just move your hands slightly forward until you find a comfortable distance.
- If you are able to do this stretch with no problem, you can work on straightening your elbows to extend the back further. Eventually, you may end up with your hands directly beneath your shoulders and your elbows completely straight.

Move in and out of the stretch 10 times, then hold for 30-60 seconds. Repeat 3 times.



### 2. WAG TAIL

- Start on hands and knees, with your knees together and past your hips.
- Lift your feet off of the ground and swing them to the right and then to the left.
- Keep your back flat throughout the movement, so that the motion is primarily a side bending motion.

For this exercise, you won't be doing any holds. Just do 10 reps per side.



### 3. QUADRUPED SIDE BEND

- Start in kneeling, with your hands stretched in front of you.
- Move your hands to one side so they are at a 45-degree angle (or more) to your body. You should feel a good stretch in this position.

Move in and out of the stretch 10 times, then hold for 30-60 seconds. Repeat 3 times, then switch to the opposite side.



### 4. QUADRUPED TORSO ROTATION

- Start on your hands and knees, so that your elbows are directly beneath your shoulders and your knees directly beneath your hips.
- Then shift one forearm so that it is directly below the midline of your chest and place the other hand on your low back.
- Rotate your body toward that elbow, looking up toward the ceiling as you do. Press down into the ground with your supporting elbow to keep the rest of your body stable.

Move in and out of the stretch 10 times, then hold for 30-60 seconds. Repeat 3 times, then switch to the opposite side.



### 5. HALF PANCAKE

- Start in a half pancake position, with one leg stretched out to the side and one bent in to your body. Feel free to bend the knee on the outstretched leg to make this position more comfortable for yourself.
- Rotate your torso toward the bent knee, then reach up over your head toward the foot of the outstretched leg.
- Only go as deep as you can without feeling any painful discomfort.

For the half pancake, get into position and then hold for 30-60 seconds, then switch to the opposite side.



### 6. A-FRAME TO SQUAT

- Start in an A-Frame position (also known as "downward dog" in yoga). This is where you will start on your hands and knees, and then push your butt up into the air, forming an "A" position. If you can't straighten your legs into this position, don't worry. Focus on pushing through your hands so that you flatten out your back as much as possible.
- Walk your feet forward and drop down into a squat. Try to keep your hands on the ground if you can. If not, don't worry too much. Just play with your weight distribution and don't force anything that feels uncomfortable.
- Return to the A-Frame position.

Hold the A-Frame for 10 seconds, then transition into the squat and hold that for another 10 seconds. Repeat this 10 times.