

BodyRelax

- giv din krop en chance...

ERECTOR SPINAE



Preparation

Kneel on mat or floor. Place hands shoulder width apart.

Execution

Flex spine by hunching back up. Hold stretch.

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Preparation

Bend over with hands just above bent knees.

Execution

Flex spine by hunching back up. Hold stretch

Øvelse 3



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Øvelse 4



In this stretch lengthens the lower-back and the middle-back muscles (the erectors run through the entire spine). Lying on your back, hug your knees to your chest, lift the soles of your feet toward the ceiling, grab your feet, and press your knees toward the floor. If you can't reach your feet, put your elbows inside your thighs and apply gentle pressure down. If you open your legs wide and place your elbows inside your knees, you'll also get an inner-thigh stretch.

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Øvelse 5



Performance Recommendations

Start by lying face down, then raise your arm and head with the opposite leg. If done properly you should feel a stretch in your lower back. Finally, lower your leg, arm, and head to the starting position at the same time.

Øvelse 6



Place yourself face down on a hyperextension bench (or bed. NB someone need to hold your legs!) with your feet hooked under the rear pads. Place your hand across your chest and bend at the waist until your upper body is perpendicular to the floor. Slowly raise your upper body until it is parallel with the floor. To make this exercise harder, hold a weighted plate in your hands

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