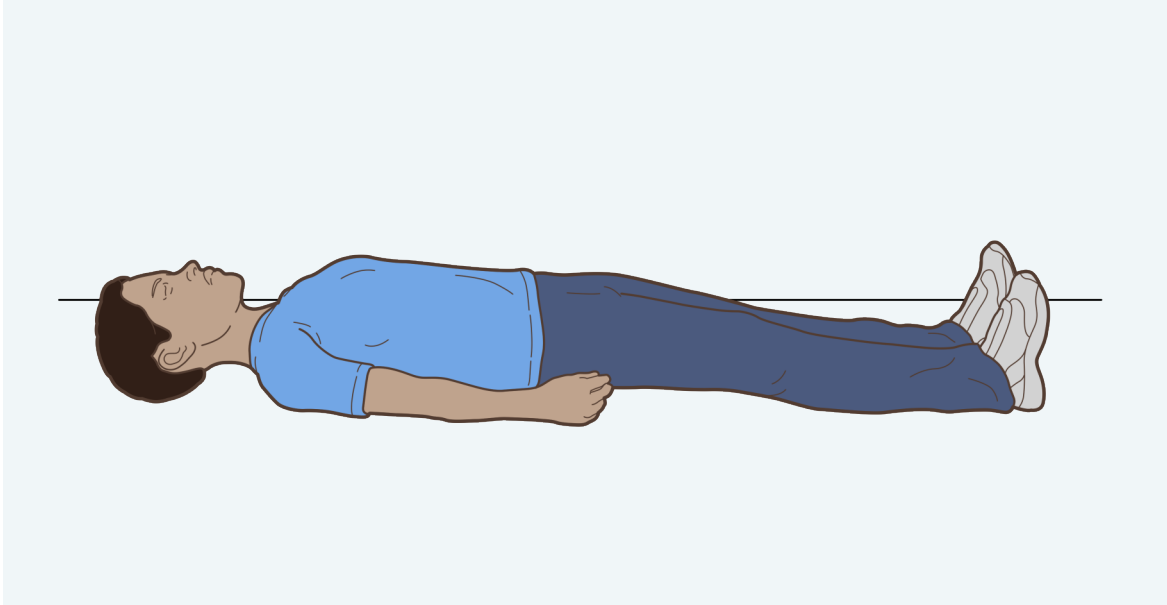
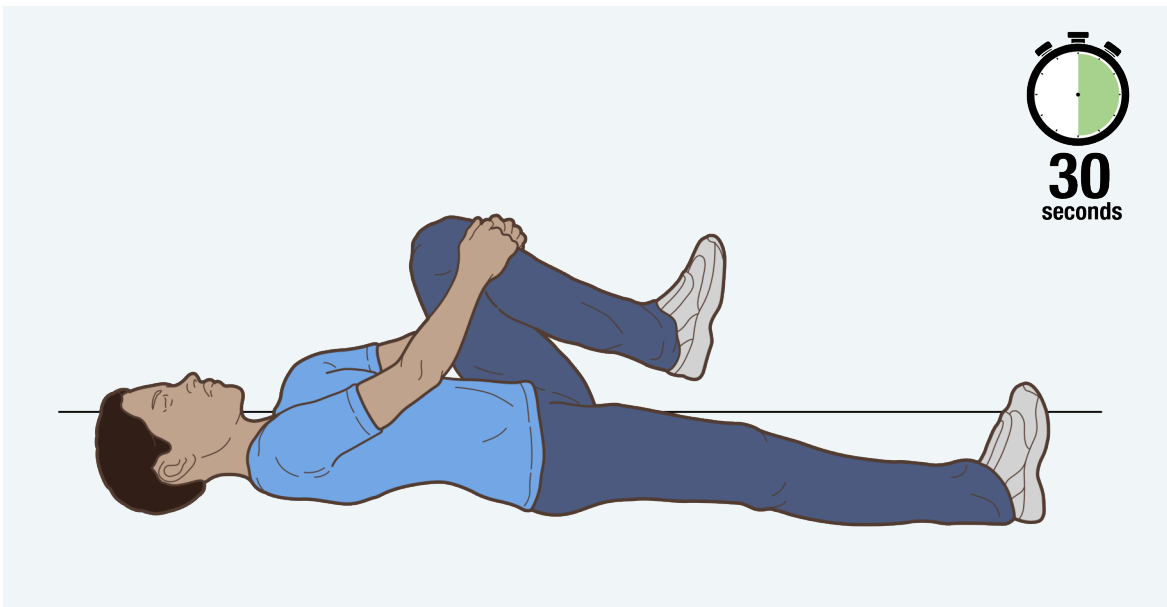


Activity 18: Knee-to-chest stretch

Video demonstration



1. Start by lying on your back.



2. Pull one knee into your chest, while keeping the other leg straight and your lower back pressed into the floor.
3. Hold for 30 seconds.
4. Swap legs.

Where did you feel it in your body when you were completing the stretch?

5. Now repeat the knee-to-chest stretch but this time focus on one of the body parts you identified in step 4.

Where did you feel it in your body after this round of knee-to-chest stretches? Did you feel it in the same place as last time or somewhere new?