

Stretch of the Month

Abdominal Stretch

To stretch your side:

1. Lay face down on the floor.
2. Spread your hands on the floor below your shoulders.
3. Press your pubic bone into the floor and raise your upper body up off of the floor.
4. Stretch as far as you comfortably can and hold.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

