



## Scorpion Stretch

### **Starting position:**

Lying on your stomach with your arms extended out to the side.

### **Movement:**

Rotate your lower body/trunk backwards trying to touch the opposite hand with your foot, extending your hip and flexing your knee. Slowly return to starting position. Then repeat in opposite direction.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ X/day**