## DAILY STRETCHES TIGHT HIPS AND BACK PAIN

Child's Pose



**Runners Lunge** 



**Quad Stretch** 



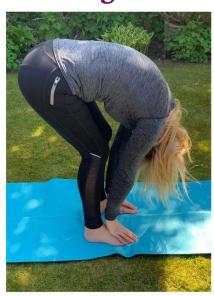
Half Pigeon



**Butterfly** 



Ragdoll



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