

Exercises 15 – 16

LEG CROSSOVER

Arms out straight, perpendicular to the body. Take one leg and cross it over the other leg, touching the floor. It is not necessary to touch the opposite hand. Merely touching the floor is sufficient. Alternate by doing the other leg as well. Do this exercise back and forth to stretch out the side of the legs and the low back. You may hear a popping sound. DO NOT become alarmed! This is only movement of the vertebrae. It means the body is loosening up, However, if the spine pops and there is pain then discontinue the exercises immediately.