

MOBILITY_POSTERIOR-CHAIN:

SEATED PIKE WITH TOWEL SQUEEZE



Setup

- Sit with knees straight and feet flat on wall.
- Place a towel between your knees.

Action

- Squeeze the towel with your knees and hold.
- Exhale and bend forward from the hips, letting your back relax.

Focus

- The squeezing of the towel activates your pelvic floor creating sufficient stability to allow your hamstrings and paraspinals to relax.

Dose

- 1-3x/day. 10(6)sec



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