

# GOOD MORNINGS LL01

Yoga = Mountain to Monkey  
Medical = Lumbar Extension

## DIRECTIONS

Stand with feet slightly apart with rope resting around your neck, hands holding rope to chest. Inhale and bend at the pelvis with a straight back until horizontal. Keep the knees locked to activate the hamstring-glute-lumbar chain. Let the power assistance bring you back to initial position and exhale. Repeat 10+ times or perform for 1 minute.

## IMAGERY

The best way for your low back to greet the new day is with GOOD MORNINGS. While still half awake – half asleep - feel and enjoy this Good Morning massage of LUMBAR LOVE.

## BENEFITS

Good Mornings are a pelvic tilt movement that primarily work the HAMSTRINGS. The hamstrings in turn tug on the glutes, and the glutes tug on the lumbar muscles through the pelvis. The whole kinetic chain of the Hamstrings/Glutes/Pelvis/Lumbar are tuned up together.

## NOTES

The HAMSTRINGS assist in flexing the knee. The HAMSTRINGS' second main function is to work together with the gluteus maximus and the lumbosacral muscles to bring the torso upright from a forward leaning position.

Sitting causes retraction in the HAMSTRING muscles. This retraction pulls the pelvis backward, in turn pulling the low back lumbar away from its normal curve. Good Mornings gently reverse the negative effects of The Sitting Syndrome and positively restores full range of motion to the lumbar muscles.