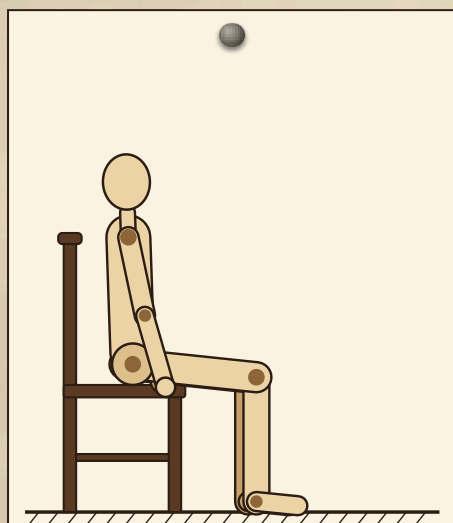


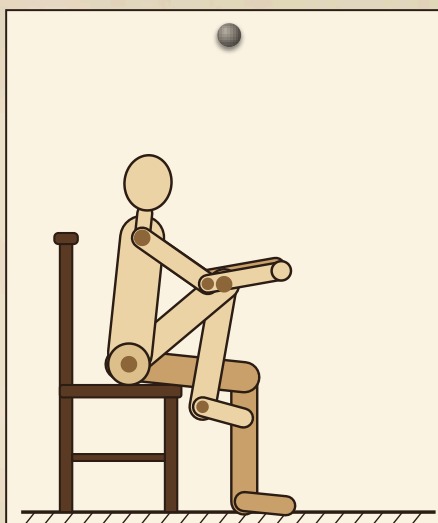


# Seated knee hug

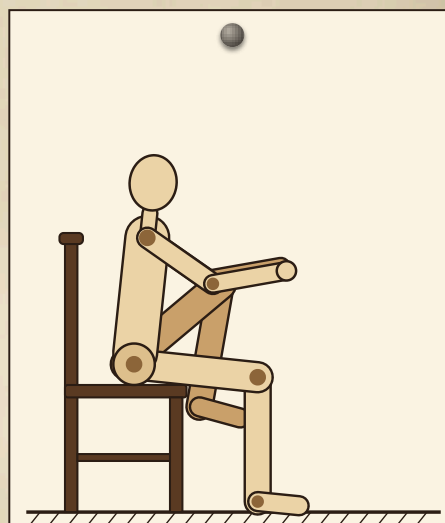
Eases a stiff lower back and tight hips, especially after a long day on your feet. Done sitting down.

**1 Sit tall**

Feet flat on the floor.

**2 Hug one knee**

Gently towards your chest.

**3 Then the other**

Hold 15 seconds each side.

**The beat** Hold each side for 15 seconds, breathing slowly. 2 on each leg is one set.

## How to do it

1. Sit tall in a sturdy chair, feet flat on the floor.
2. Lift your left knee and wrap your hands around the shin, just below the knee.
3. Gently pull the knee towards your chest until you feel a stretch in your lower back and hip.
4. Hold for 15 seconds, sitting tall and breathing slowly.
5. Lower the foot to the floor and swap legs.

## Make it fit you

**Easier**

Don't lift the knee as high; hold behind the thigh instead.

**Harder**

Hold for 30 seconds.

**Safety**

Gentle pull only. If you've had a hip replacement, check with your physio first.

## Tally board

|       | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------|-----|-----|-----|-----|-----|-----|-----|
| Set 1 |     |     |     |     |     |     |     |
| Set 2 |     |     |     |     |     |     |     |
| Set 3 |     |     |     |     |     |     |     |

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.