

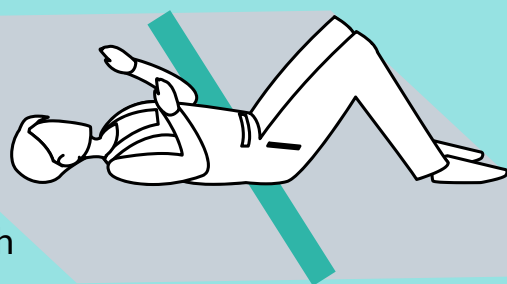
WINDSHEILD WIPER



This exercise is a great choice for anyone with tight hips and/or muscle tension through the lower back.

A SET UP

1. Lie The Beam down horizontal on your mat. Use the wide side of The Beam. The Beam will create a 'T' across your Mat.
2. Sit just below The Beam. Lie Back onto The Beam on your mat.
3. Shift The Beam under your sacrum which is the flat area at the top of your bottom.
4. Keep your knees bent.



B FEEL THE STRETCH

1. Slowly rock your knees side to side by trying to lower your knees to the mat. Only go as far as you are comfortable.
2. Take your time and feel the stretch in your hips and lower back.
3. Enjoy the extra benefit of a glut massage while The Beam presses into the tightness through your bottom.

C HOW TO VIDEO



**REPEAT AS MANY TIMES AS NEEDED.
REMEMBER TO BREATHE DEEPLY**

KNEE LIFT



You will feel this gentle stretch in your hips, lower back and abs. Knee raises promote better alignment and posture. Make sure to breathe out your tension.

A SET UP

Set up The Beam like you are doing the Windsheild Wiper

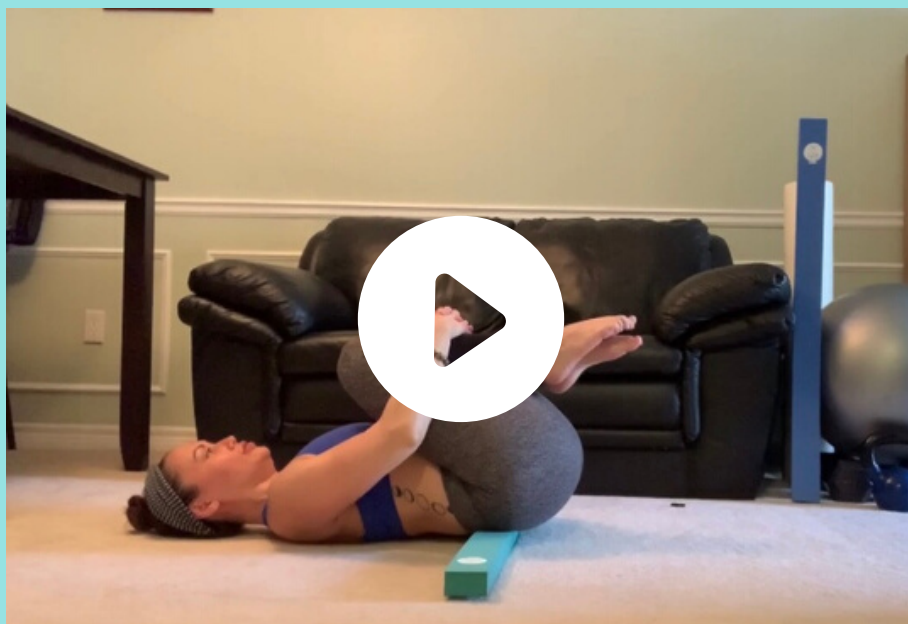
B FEEL THE STRETCH

1. Raise your right knee up to your chest (relax your shoulders)
2. Hold your right knee for 10 seconds and breathe. Bring the opposite knee (left) up and hug both knees and breathe for 10 seconds
3. Bring your right knee down and hug your left knee. Breathe for 10 seconds. Bring your left knee down.

C HOLD THIS POSE FOR 10-25 BREATHS.

1. Repeat 2-3 times
2. When you're finished with this pose, hug your knees to your chest for a few breaths T hen, slowly exhale as you extend both legs along the floor.

D HOW TO VIDEO



BUTTERFLY



Start in the lower back lounge position. You will feel this stretch in your hips and lower back. Make sure to breathe out your tension and relax

A SET UP

Set up The Beam like you are doing the Windshield Wiper

B FEEL THE STRETCH

1. On an exhalation, let your knees drop and bring the soles of your feet together to touch.
2. Bring your heels as close to your pelvis as you can without feeling pressure or pain in your knees. With the pelvis in a neutral position, begin to open the groins by gently working the outer knees towards the floor. Never force your knees down. Stay here and breath. This butterfly yoga pose can be held anywhere from 1-10 minutes.

C HOW TO VIDEO



D TRY THIS POSE WITH A MEDITATION

[Try our 10-minuted guided relaxation meditation](#)

HAPPY BABY



This exercise not only stretches and massages the lower back but it is a gentle stretch for your hamstrings and inner thigh. It also helps open up your your hips, shoulders and chest.

A SET UP

1. Lie on your back and position The Beam horizontally along your natural lower back curve.

B FEEL THE STRETCH

1. Bring your knees toward your chest. As you bring your knees up, keep your hip sockets soft so that your legs come up but your hips stay down. Keep your natural curve with your tailbone on the mat.
2. Flex your feet and show the soles of your feet to the ceiling.
3. Wrap your first two fingers around your big toes and pull lightly down. Your feet stay flat to the ceiling but your hips release allowing your knees to come closer to your chest as you relax.

C REPEAT SIDES

1. Hold the pose for 10-25 breaths. On an inhalation, slowly come back to centre, bringing both knees to the floor.

D HOW TO VIDEO



LOWER BACK TWIST



This exercise stretches and massages the lower back while allowing a gentle yoga twist to your spine. Remember to breathe and do not do this yoga pose if this is uncomfortable for your back.

A SET UP

TO KEEP YOUR BACK SAFE, APPROACH THIS POSE GENTLY

1. Set up like you are going to do the Windshield Wiper or Lower Back Lounger.
2. On an exhalation, draw both knees to your chest and clasp your hands around them.
3. Extend your left leg along the floor, keeping your right knee drawn to your chest. Extend your right arm out along the floor at shoulder-height with your palm facing down.

B FEEL THE STRETCH

1. Shift your hips slightly to the right. Then, place your left hand on the outside of your right knee. Exhaling, drop your right knee over the left side of your body. Keep your left hand resting gently on your right knee.
2. Turn your head to the right. Soften your gaze toward your right fingertips. Keep your shoulder blades pressing toward the floor and away from your ears. Allow the force of gravity to drop your knee even closer to the floor.

C REPEAT SIDES

1. Hold the pose for 10-25 breaths. On an inhalation, slowly come back to the centre, bringing both knees to your chest
2. Exhale, and extend your right leg along the floor. Repeat steps 3-6 on the opposite side.
3. When you're finished with the pose, hug your knees to your chest for a few breaths. Then, slowly exhale as you extend both legs along the floor.

D HOW TO VIDEO





Nimbleback Inc.
12 Nelles Rd. South
Grimsby, ON. Canada
L3M 2Z4
905-741-4101

Disclaimer

The Beam is neither a medical device nor is it intended as treatment for medical conditions. Consult with a healthcare professional before beginning any exercise program or use of The Beam. It is your responsibility to evaluate your own medical and physical condition and determine whether to use The Beam. If you experience pain, stop and consult a physician. The information provided by Nimbleback Inc. regarding The Beam is for informational purposes only and is not intended to replace the advice, diagnosis, or treatment recommendations of a healthcare professional. While every effort is made to present accurate and reliable information about The Beam, Nimbleback Inc. does not guarantee the accuracy or completeness of any information contained in The Beam instructions or on The Beam website. Do not use The Beam without a complete understanding of its intended purpose and function. Nimbleback Inc. does not accept any liability for The Beam's use, and makes no representation or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, or suitability of any information provided by Nimbleback Inc. in respect of The Beam, its website, in The Beam's instructions, or elsewhere. Nimbleback Inc. shall not be liable for an special or consequential damages that result from the use, or the inability to use, The Beam. By using The Beam the user accepts full responsibility for all risks, injury, and waives any right to themselves, their heirs, their executors or any party to hold Nimbleback Inc. or its representatives responsible for any direct or indirect damages whatsoever caused by the use of The Beam. By using and/or purchasing The Beam, users acknowledge that they have read and fully understand this Disclaimer, and that their use of the The Beam is at their own risk.

