

# Diva Position (Option for Presses or Lifts)



Reps:

Sets:

Duration:

## Instructions:

1. Sit in this position for 1 minute and repeat on the other side
2. Lift your back knee off the floor
3. Return the knee to the floor
4. Place a block under your back knee
5. Press your in knee downward into the block
6. Repeat on the other side

## Position: Diva Position

Start sitting cross-legged, medially rotate one leg behind you keeping a 90 degree angle. Keep your sits bones equally pressed into the floor.

**Purpose:** Rotation in pelvis and lumbar spine, and some thoracic spine. Lower back stretch.