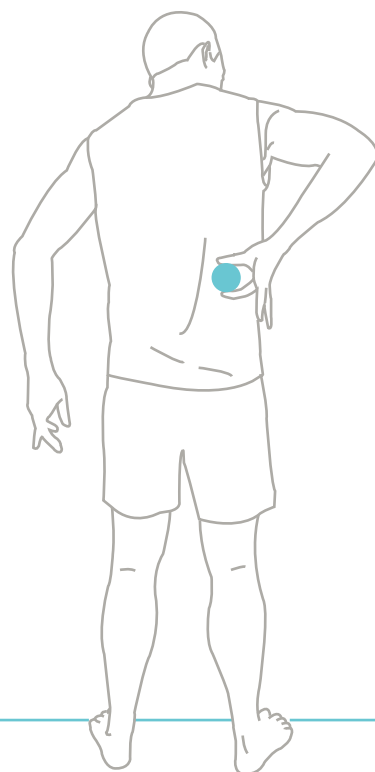


Stop, Drop and Roll with Adam Botton

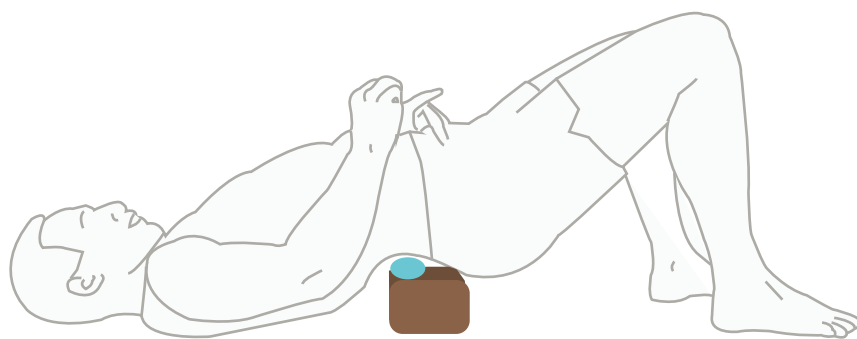
QL's

formally known as the quadratus lumborum. It is the deepest abdominal muscle and commonly referred to as a back muscle. QL's contribute to the stabilization and movement of the spine and the pelvis.

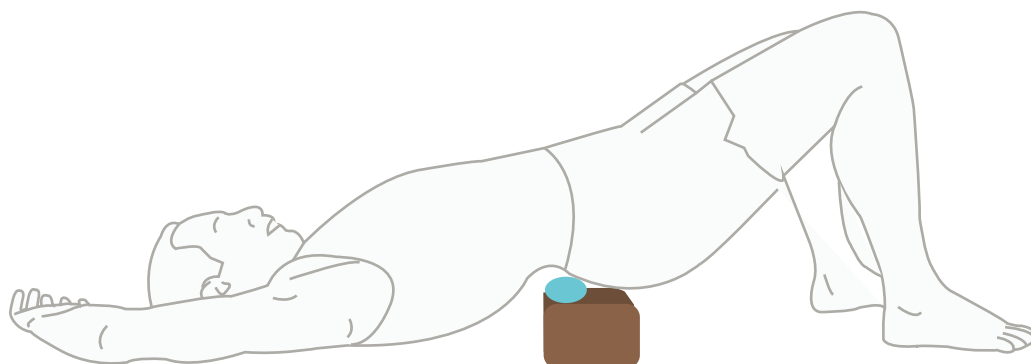
Locate your QL by tracing the bottom of your ribs and the top of your hip bone. The QL lives in that space between the two.



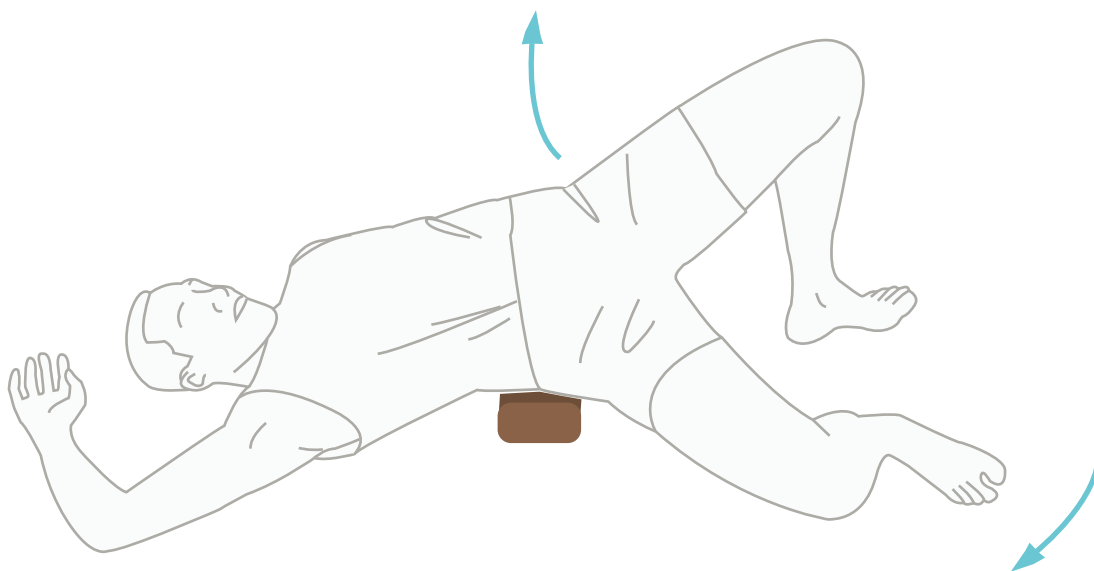
- 1 Do one side at a time. Lay down flat on your back with the [original balls](#) on your QL supported by a block. If doing this already feels intense, stay at step one and allow the weight of your body to melt your tension into the support of the balls.



- 2 If Step 1 feels great, try raising your arms over your head and landing them on the floor. This will increase the weight in your upper body and increase the pressure of your QL's over the [original balls](#).



- 3 If Step 2 feels great, try some hip sways back and forth. Swaying your hips will further increase the pressure of the [original balls](#) into the QL's.



Join Adam in [Yoga Tune Up](#) at **889**
every [Thursday at 7:15PM](#)