

## EXERCISES

# 5 TIPS FOR THE BACK.

### 1 STANDING BACKWARD BEND.

- Stand with your feet hip-width apart and place your hands on your lower back.
- Gently lean backward, arching your back, and lift your chest towards the ceiling.
- Hold for a few seconds and return to the starting position.



### 2 ROTATION

- Stand with your feet hip-width apart and arms crossed in front.
- Rotate your upper body towards one side while looking over your shoulder.
- Return to the center and repeat on the other side.



### 3 SIDE BENDING

- Stand with your feet hip-shoulder width apart and let your arms hang alongside your body.
- Bend your upper body to one side and feel the stretch on the opposite side.
- Return to the center and repeat on the other side.



### 4 HIP ROTATION.

- Stand with your feet hip-shoulder width apart, place your hands on your hips.
- Now try to make circular movements with your hips, which will also engage your back in the movement.
- Try to keep the rest of your body still.



### 5 OPEN UP YOUR CHEST.

- Stand with your feet hip-shoulder width apart, and elbows bent at a 90-degree angle with palms facing up.
- Open up your shoulders by rotating your forearms outward.
- Pull your shoulder blades together and back while simultaneously opening up your chest.
- Relax and repeat.



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STAY ACTIVE WHILE WORKING