

LOWER BACK STRETCHES



BACK STRETCH

- Stand with your feet about shoulder width apart. Don't lock your knees.
- Place your hands just above your hips with your fingers pointing downwards.
- Gently push your palms forward, bending your back at the waist.
- Look straight ahead. Don't throw your head back.
- Hold a comfortable stretch for 10 to 12 seconds.
- Repeat twice.

Choose another area to stretch...

Computer users