

▶ Click for video

SITTING BOW AND ARROW ▶



INTERNAL ROTATION LYING DOUBLE LEG ▶



FLOOR SUPERMAN TWO LEGS TWO ARMS ▶



SINGLE LEG BACK STRETCH ▶



SUPINE LUMBAR TWIST STRETCH ▶



LUMBAR MOBILISATION LYING ▶

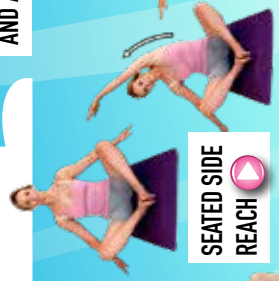


Repeat each exercise 3-5 times holding each one for 5-10 seconds

Perform single leg exercises on both legs

If an exercise causes pain, stop and move onto the next exercise

Morning Stretch Routine for Healthy Posture



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