

▶ Click for video

● 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

SITTING BOW AND ARROW ▶

INTERNAL ROTATION LYING DOUBLE LEG ▶

FLOOR SUPERMAN TWO LEGS TWO ARMS ▶

HIP FLEXOR STRETCH ▶

SEATED SIDE REACH ▶

SINGLE LEG BACK STRETCH ▶

TOE TOUCH ▶

THE CAT ▶

SUPINE LUMBAR TWIST STRETCH ▶

CHILD'S POSE ▶

LUMBAR MOBILISATION LYING ▶

Morning Stretch Routine for Healthy Posture

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