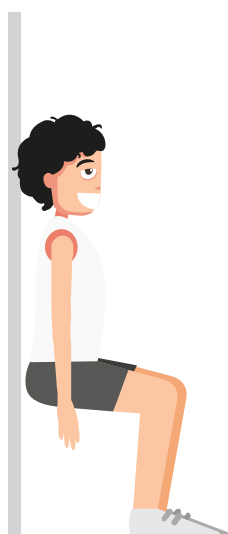




3 Simple exercises to strengthen your back!

1 Wall Sit



- i. Stand 10 to 12 inches from the wall, then lean back until your back is flat against the wall.
- ii. Slowly slide down until your knees are slightly bent, pressing your lower back into the wall.
- iii. Hold for 10 seconds, then carefully slide back up the wall.
- iv. Repeat 8 to 12 times.

2 Press-up back extensions

- i. Lie on your stomach with your hands under your shoulders.
- ii. Push your hands down to slowly raise your upper body.
- iii. Place your elbows on the floor directly under your shoulders and hold this position for 10 to 15 seconds, only if it is comfortable for you.



3 Knee to chest

- i. Lie on your back with knees bent and feet flat on the floor.
- ii. Bring one knee to your chest, keeping the other foot flat on the floor.
- iii. Keep your lower back pressed to the floor and hold for 15 to 30 seconds.
- iv. Lower your knee and repeat with the other leg.
- v. Repeat 2 to 4 times for each leg.



Source: WebMD



Start your exercise slow. If you have a health condition, do seek advice from your healthcare professionals before working out.



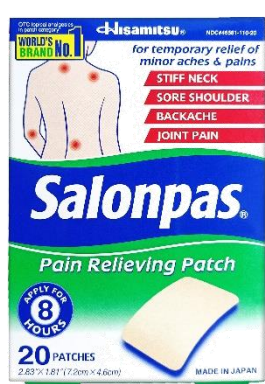
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