

▶ Click for video

SITTING BOW AND ARROW ▶

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

HIP FLEXOR STRETCH ▶

SEATED SIDE REACH ▶

INTERNAL ROTATION LYING DOUBLE LEG ▶

FLOOR SUPERMAN TWO LEGS TWO ARMS ▶

SINGLE LEG BACK STRETCH ▶

TOE TOUCH ▶

THE CAT ▶

CHILD'S POSE ▶

SUPINE LUMBAR TWIST STRETCH ▶

LUMBAR MOBILISATION LYING ▶

# Morning Stretch Routine for Healthy Posture