

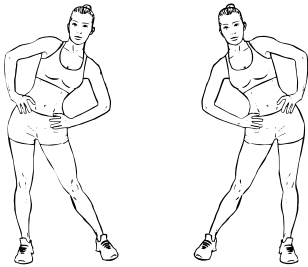
Posture and Mobility: Lower Back

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30 min · Back, Legs

You know what they say: 'you're only as old as your back!'. In the day and age, when sitting is the new smoking, it's important to look after that back. Work your way through today's stretches, and don't be shy to come back and work through them again when necessary.

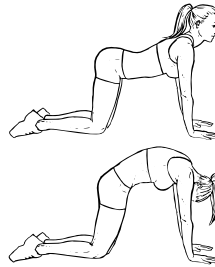
Hip Circles



2 sets 30 secs 15 sec rest

Spend 30 seconds going clockwise and 30 seconds going anti-clockwise.

Backward Camel Stretch



1:00 rest

3 sets 30 secs 30 sec rest

Hold each pose for about 5 seconds before transitioning to the next!

Knee-to-Chest Lower Back Stretch



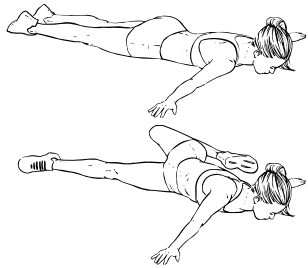
1:00 rest

1:00 rest

3 sets 40 secs 20 sec rest

Spend 20 seconds per leg per set held in this position. Aim for the chest-to-knee direction of the stretch.

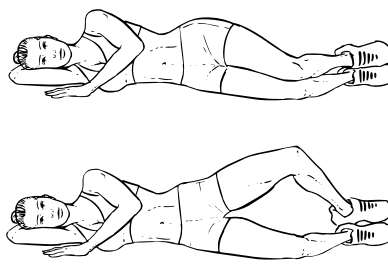
Scorpion Stretch



2 sets 60 secs 30 sec rest

Spend 30 seconds per leg per set held in this position. Read through the instructions for this one and go easy!

Clamshells

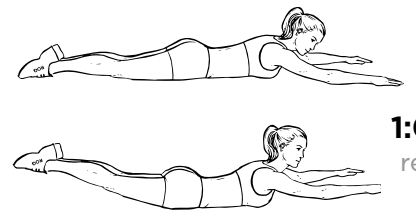


1:00 rest

3 sets 20 reps 60 sec rest

Perform 10 slow reps per side per set. Aim for 4 seconds per rep.

Supermans



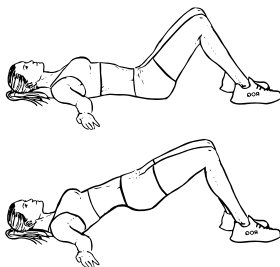
1:00 rest

1:00 rest

3 sets 12 reps 30 sec rest

Control these, nice and slowly!

Hip Raises



3 sets 12 reps 30 sec rest

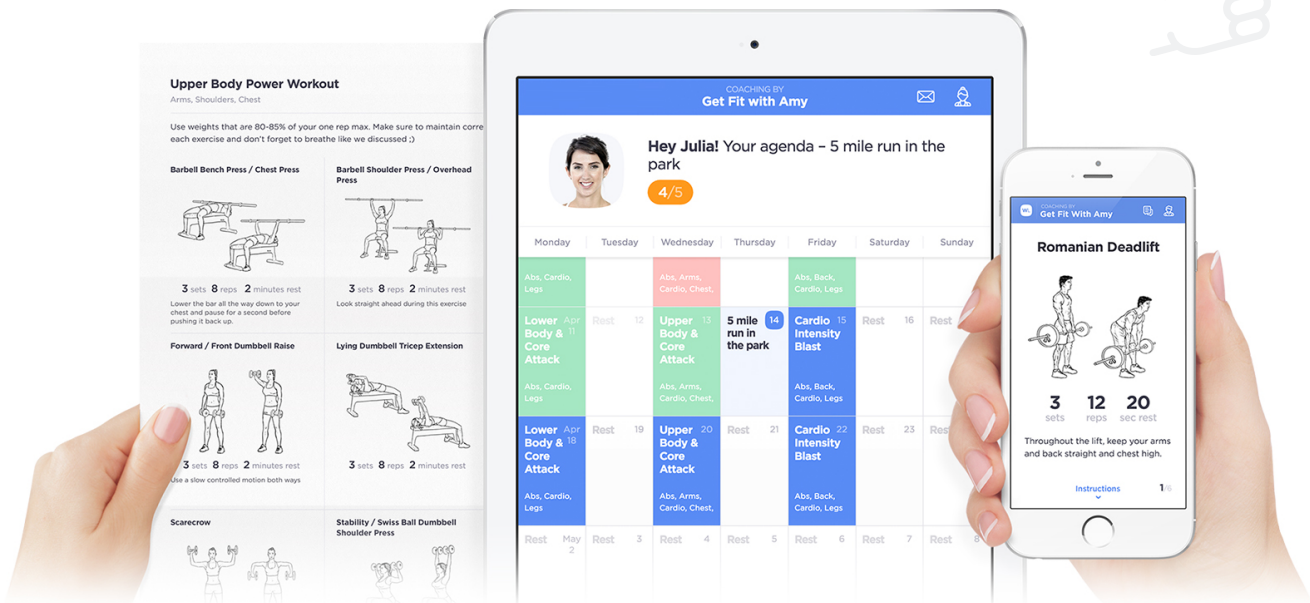
Aim for 2 seconds up, a 1 second pause, and 2 seconds down per rep rhythm.

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