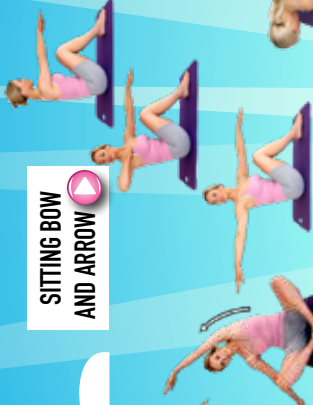


▶ Click for video

**SITTING BOW
AND ARROW** ▶



**SEATED SIDE
REACH** ▶



HIP FLEXOR STRETCH ▶



TOE TOUCH ▶



THE CAT ▶



CHILD'S POSE ▶



3

2

5

6

7

8

9

10

11

**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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