

LOWER BACK PAIN? 6 STRETCHES TO HELP

the
TRAINERS



1. CAT-COW STRETCH



2. CHILD'S POSE



3. BIRD DOG



4. PIGEON STRETCH



5. SEATED SPINE TWIST



6. KNEE TO CHEST

Muscle Stretches For The Low Back

Didier Musso



Muscle Stretches For The Low Back:

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