



**1** CHILD'S POSE

**2** THE CAT

**3** TOE TOUCH

**4** HIP FLEXOR STRETCH

**5** SEATED SIDE REACH

**6** SITTING BOW AND ARROW

**7** INTERNAL ROTATION LYING DOUBLE LEG

**8** FLOOR SUPERMAN TWO LEGS TWO ARMS

**9** SINGLE LEG BACK STRETCH

**10** SUPINE LUMBAR TWIST STRETCH

**11** LUMBAR MOBILISATION LYING

**Morning Stretch Routine for Healthy Posture**

- 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
- Click for video

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