

Back Exercises: Neck and Torso Rotation



To start, lie on your back, knees bent and feet flat on the floor. Keep your ears, shoulders, and hips aligned, but don't press your lower back to the floor. Breathe deeply and relax.

- From starting position, drop both knees to one side. At the same time, turn your head and look in the other direction.
- Keep both feet in contact with the floor, and keep your arms at your sides.
- Hold for 5 seconds. Then slowly switch sides.
- Repeat 5 to 10 times.



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