**Back Stretch**

**Equipment**:None

**Precautions**

1. Maintain Good Posture – Keep back straight, avoid slouching.
2. Use Support When Needed – Have a chair nearby for balance.
3. Control Movements – Perform exercises slowly and avoid jerky motions.
4. Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Sit, interlock fingers, and push hands forward while rounding your back. (Hold for 10–15 sec).