**Lateral Bends**

**Equipment**: None

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Stand behind a chair, hold with one hand.
2. Reach the opposite arm up and bend sideways. (10–20 sec hold per side).