**Seated Lateral Torso Bend**

**Equipment**: None

**Precautions**

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

**Instructions:**

1. Sit upright, arms at your sides.
2. Bend to the right toward the floor, then to the left.