**Seated Torso Bend**

**Equipment**: Chair

**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. Sit with feet apart, hands on lap. Interlock fingers and reach toward the floor.
2. Return to start.