**Side Bend**

**Equipment**: None

**Instructions:**

1. Stand with your feet shoulder-width apart and engage your core.
2. Raise your right hand over your head and slowly bend to the left side, keeping your lower body still and using your abdominal muscles to control the movement.
3. Return to the starting position and repeat on the opposite side, raising your left hand over your head and bending to the right.
4. Alternate between the right and left side.

**Key Tips:**

* Focus on Control: Engage your core throughout the movement to maintain stability and control, avoiding any jerky motions.
* Breathe Naturally: Inhale as you raise your arm and exhale as you bend to the side to maintain a steady rhythm and provide oxygen to your muscles.
* Maintain Proper Posture: Keep your back straight and avoid leaning forward or backward; the movement should come from your waist.