

1. Hamstring Stretch



Tight hamstrings can pull on your lower back and stiffen your hips. A gentle hamstring stretch keeps your legs long, strong, and pain-free.

2. Figure 4 Stretch



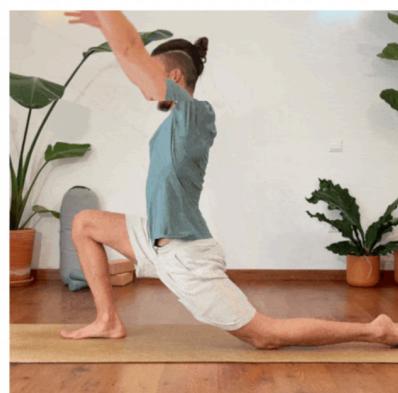
This deep hip stretch loosens up the glutes and outer hips—perfect for easing tension in the lower back and hips.

3. Spinal Twist



A simple twist improves spinal mobility, reduces stiffness, and boosts circulation through the back and core.

4. Low Lunge



This powerful stretch opens tight hip flexors and strengthens your balance—great if you sit for long hours.

5. Cat-Cow Stretch



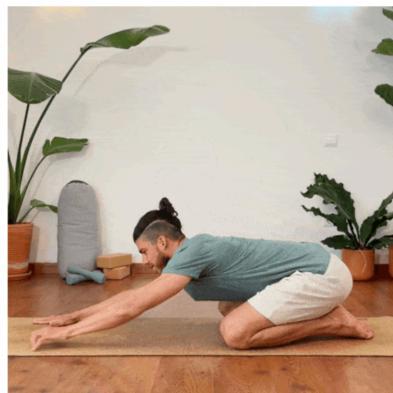
Flowing between arching and rounding your spine helps keep your back, neck, and hips supple and mobile.

6. Puppy Pose



This chest- and shoulder-opening stretch improves posture and helps relieve upper back tension.

7. Child's Pose



A deeply relaxing stretch that gently opens the back, hips, and knees—perfect for winding down or re-centering during the day.