**Low back pain**

A)Cat-Cow Stretch

https://youtu.be/TK6tM059e8o?si=j\_OiLvRZxAPZ0bHe

Starting position:

​•​Push on B1, B2, B3, B4

(You’re in the quadruped position: both hands and knees on the mat.)

Cat Pose:

​•​Maintain push on B1, B2, B3, B4

​•​Arch your back upward and tuck your head inward.

Cow Pose:

​•​Maintain push on B1, B2, B3, B4

​•​Drop your belly down and lift your head and tailbone up.

Repeat Cat-Cow alternation 5–10 times while keeping all 4 buttons pushed.

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B) Bird-Dog

https://youtu.be/yV1dQhVhJlA?si=8ghiFTfy7UNrOWVf

Starting position:

​•​Push on B1, B2, B3, B4

Left Arm + Right Leg Extension:

​•​Pull B1 (lift left hand off)

​•​Pull B4 (lift right knee/leg off)

​•​Hold for 5 seconds

​•​Return to push B1, B4

Right Arm + left Leg Extension:

​•​Pull B2 (lift right hand off)

​•​Pull B3 (lift left knee/leg off)

​•​Hold for 5 seconds

​•​Return to push B2, B3

Repeat 5 times per side.

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C) Child’s Pose

https://youtu.be/nMp3MlTz9fA?si=T2VhQRy12I3\_Vl6w

Transition from quadruped:

​•​From push on B1, B2, B3, B4

Move into pose:

​•​Pull B1, B2 (hands slide forward off the buttons)

​•​Maintain push on B3, B4 (knees stay grounded)

​•​Sit hips back toward heels while reaching arms forward.

Optional: if arms still contact mat lightly, just not over the buttons, that’s okay.

Hold for 30 seconds, then return to quadruped by pushing B1, B2 again.