

# 5 Simple Lower Back Exercises For All

## 01

---

### **Seat Forward Bend Stretch**

You can use your hands, a towel or an exercise band. Hold for 30 seconds for left and right knee, rest for 30 seconds, and repeat 3 times for each knee.

## 03

---

### **Knee To Chest Stretch**

Hold your left knee against your chest for 30–60 seconds, make sure you are relaxing your lower back, legs, and hips. Do the same thing with your right leg. Repeat 3 times for each leg.

## **Stretch Safely!**

**Step by step instructions and photos of exercises included with the download.**

## 02

---

### **Cat & Cow Stretch**

Hold the Cat position stretch for 5-10 seconds. Hold the Cow position stretch for 5-10 seconds. Repeat the cat-cow stretch 15–20 times.

## 04

---

### **Supported Bridge Stretch**

Hold for 30–60 seconds and repeat 3–5 times, resting 30–60 seconds between sets.

## 05

---

### **The Runners Wall Stretch**

Hold for 30 seconds. Repeat 3 times.