



Recumbent Bike

Cycle for 8 minutes at an easy to moderate pace. Adjust seat distance to avoid knee strain.



Pelvic Tilt

Tip pelvis forward and backward, lifting belly button away from the floor, then flattening your low back down again. Complete 15 reps with a 3-second pause at each end range of motion. Do 2 sets.



Seated Forward Bend

Spread your knees and dangle chest between your legs. Hold for at least 30 seconds. Breathe and feel a stretch in your lumbar region. 3 repetitions.



Seated Twist

Keep chest elevated. Exhale and twist into the position. Hold for 30 seconds, pulling deeper into the stretch with use of your arms. 3 reps per side.