



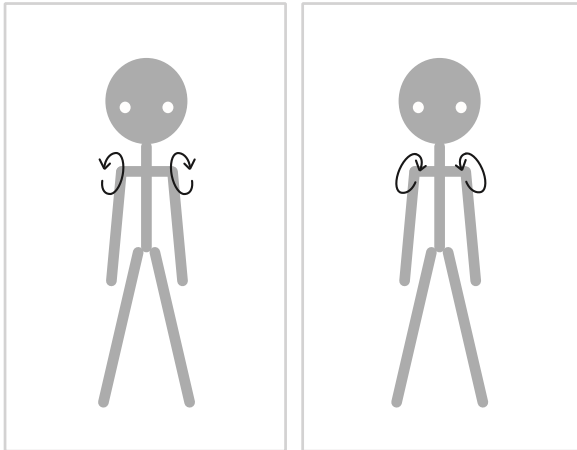
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BACK EXERCISE INSTRUCTIONS

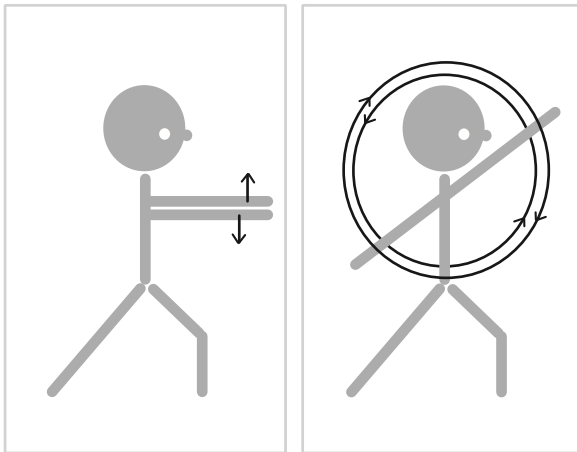
1. ROLLING SHOULDERS

- Start in an upright position with your feet about hip-width apart.
- Raise your shoulders and roll them back.
- Repeat 10 times in both directions.



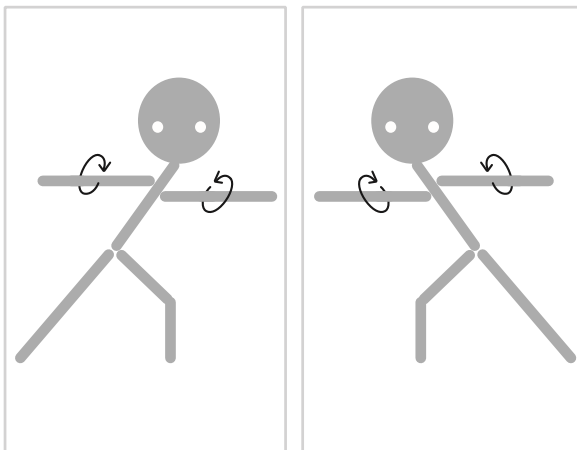
2. HAND PROPELLER

- Start in an upright position with your feet about hip-width apart.
- Roll your right arm back and your left arm forward at the same time.
- Repeat 5 times, change the direction and repeat 5 times.



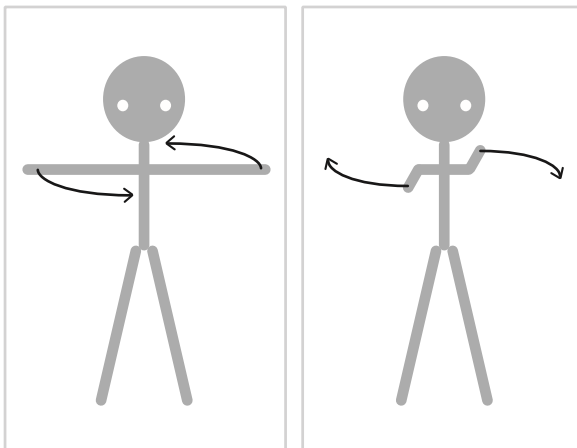
3. STRETCH TO THE SIDE AND ROTATE

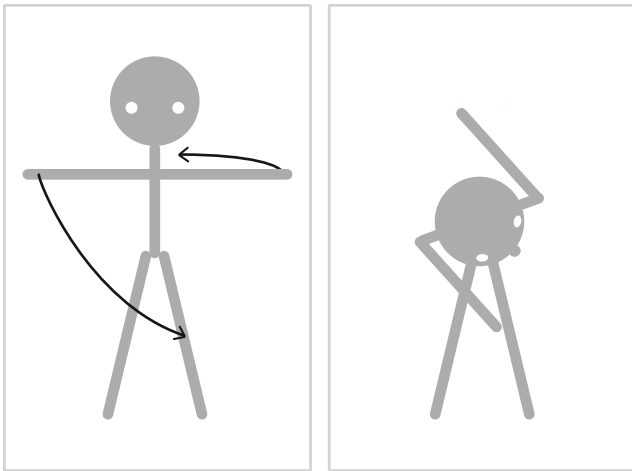
- Start in an upright position with your feet about hip-width apart.
- Raise your arms to your sides at shoulder level.
- Reach to the right while rotating your palms to the right.
- Reach to the left while rotating your palms to the left.
- Repeat 10 times on both sides.



4. ROTATING THE THORACIC SPINE

- Start in an upright position with your feet about hip-width apart.
- Raise your arms to your sides at shoulder level.
- Bring your right arm forward and your left arm back and then switch sides.
- Keep your hips steady.
- Repeat 10 times on both sides.





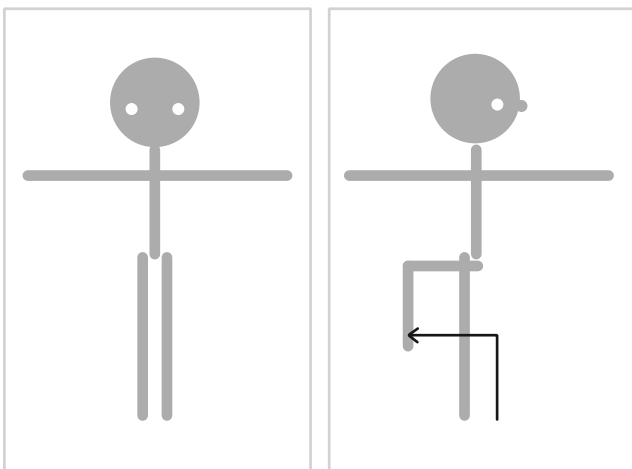
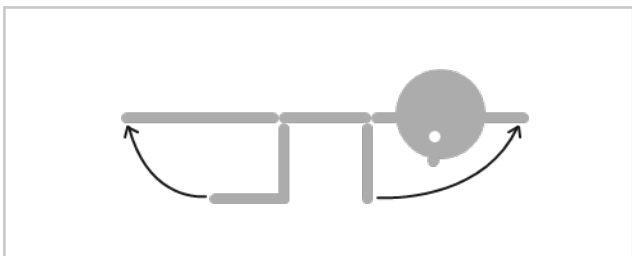
5. OPPOSITE HANDS + KNEES

- Start in an upright position with your feet about hip-width apart.
- Raise your arms to your sides at shoulder level.
- Touch your left knee with your right hand and your right knee with your left hand.



6. ARM + LEG LIFT

- Start on all fours.
- Lift up your right arm and left leg at the same time.
- Keep your back straight.
- Repeat 10 times on both sides.
- Repeat 10 times on both sides.



7. ROTATING THE LUMBAR SPINE

- Start by lying on your back.
- Raise your right knee over your stomach and keep your left leg straight on the floor.
- Bring your right knee left towards the floor.
- Keep your arms on the floor.
- Repeat 2 times on both sides.