

## Exercise for standing activities 2: **Stretching the back muscles**



When seated or standing; place your feet hip width apart.

Bend forward, vertebra by vertebra, try to place your chin on your chest, slowly roll back upward after relaxing.

**Repeat 10–15 times**



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Find more exercises at [www.bewegt.li/exercises](http://www.bewegt.li/exercises)

The exercises were provided by Mr Dieter Beh from the Überra Rehabilitation Clinic in Isny, Allgäu, Germany.