

## Exercise for standing activities 3: **Relaxation of lower back**



In a standing position; place your feet hip width apart. Move your pelvis slowly clockwise and anticlockwise.

**Repeat on each side 10–15 times in each direction.**



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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.