

Back Stretches

Many of us suffer from lower and upper back pain. This may be from strenuous workouts, looking down at your phone or computer screen, driving in your vehicle or improper form while running. Use these exercises to stretch out the back and focus on your breathing. Hold each stretch for 20-30 seconds.



Cobra Pose – High



Cobra Pose - Low



Cat



Cow



Child's Pose



Chair Stretch