

Seated Rotation

General Back Exercise



- To do a Seated Rotation, sit in a chair with your feet flat on the floor. Shift your weight slightly forward to avoid rounding your back. Relax, and keep your ears, shoulders, and hips aligned.
- Fold your arms, elbows just below shoulder height.
- Turn from the waist with hips forward. Turn your head last.
- Hold for a count of 5. Return to the starting position.
- Repeat 5 times on one side. Then switch sides.