

# Back Release

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## General Back Exercise

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- Start a Back Release on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position, not arched or sagging. Be sure to maintain your neck's natural curve.
- Relax your abdominal and buttocks muscles, lift your head, and let your back sag. Be sure to keep your weight evenly distributed. Don't sit back on your hips.
- Hold for 5 seconds.
- Return to starting position.
- Repeat 5 times.