

# Lower Back Rotation

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## General Back Exercise

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- To perform a Lower Back Rotation, lie on your back with your knees bent and feet flat on the floor. Don't press your neck or lower back to the floor. Breathe deeply. You should feel comfortable and relaxed in this position.
- Drop both knees to one side. Turn your head to the other side. Keep your shoulders flat on the floor.
- Hold for 20 seconds.
- Slowly switch sides.
- Repeat this 2 times.