

# BACK FIT - EXERCISES



## REACH FOR THE STARS

10 reps per side

Alternately stretch one arm up next to the head and reach as high as possible, activating the whole body

## SIDE BEND

10 reps per side

Extend arm and bend it over the head to the opposite side. The upper body bends with it

## TORSO TWIST + FORWARD BEND

10 reps per side

Take wide squat, bend upper body forward with arms in U position, and then slowly rotate entire upper body and head to right and left. Pause briefly in the middle.

## DIAGONAL STRETCH

10 reps per side

Bring extended arm diagonally to foot while keeping legs straight. Extend the other arm upwards. Dynamically change arms.

## BACK OPENING

hold for 10 seconds

Bend forward in seat, hands touching floor with fingers crawling further away from feet



Co-funded by  
the European Union



"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."