

# Lateral Bending



Figure 1



Figure 2



Figure 3

- Stand with feet within a few inches of each other (Figure 2).
- Slide your hips to the right and your upper body the opposite way to your left (Figure 3)
- You should feel a pull/bend at your beltline.
- Slide your hips the other way—to the left and your upper body to the right.
- Repeat this bending back and forth 20 times.

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