

# WORKSHEET 1

## Exercises for the lumbar spine.

Step  
**1**

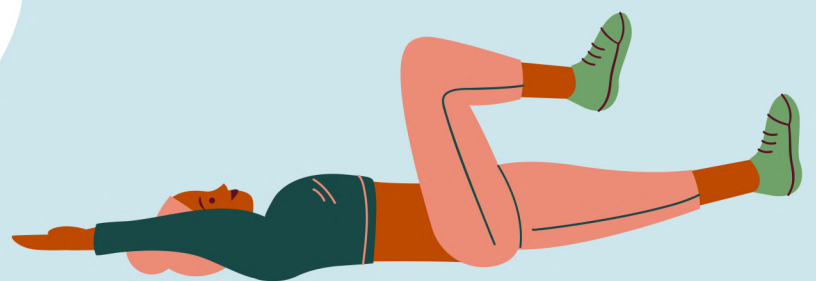
### Japanese bow

Take a kneeling position.

Pull your shoulder blades back and sit on your heels, then extend your arms as far forward as possible and bend deeply.

Hold the position for 10-15 seconds and return to the starting position.

Repeat the cycle 3 times.



Step  
**2**

### Dead bug, legs bent

Lie on your back with your legs bent 90 degrees at the hips and knees.

The arms are straightened, directed towards the ceiling.

Perform a movement consisting in alternately lowering the limbs towards the ground. Return to the starting position and do the same movement on the opposite side.

Step  
**3**

### Cradle

Lie down on your back with your legs bent at the knees. Bring your knees towards your chest and gently rock back and forth.

