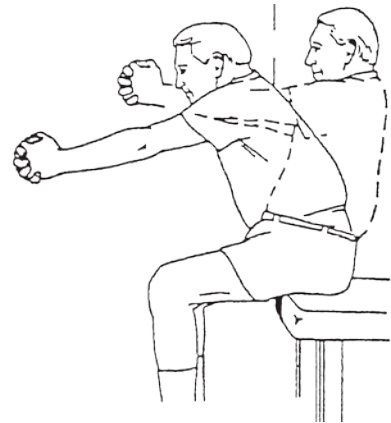


## Lumbar Weight Shifting and Trunk Mobility Sitting Exercises

**1. Position:** Sit on chair with hands clasped together and feet flat on floor (hands can be at your side if a beginner).

**Action:** Bend forward at your hips so your nose is over your toes.  
Return to upright. Repeat.

Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

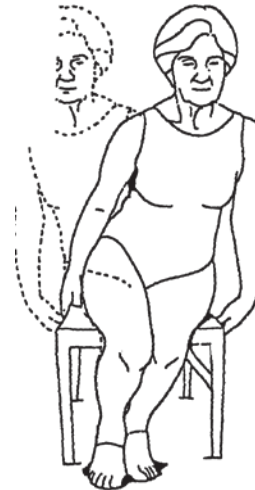


**2. Position:** Sit on chair with hands at your side and feet flat on the floor.

**Action:** Lean to the left by lifting your right hip.  
Now lean right by lifting your left hip.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



**3. Position:** Sit on chair with hands clasped together and feet flat on the floor (hands can be at your side if a beginner).

**Action:** Rotate trunk toward the left and then the right.  
Your head should turn to the side also, so you are always watching your hands.

Hold \_\_\_\_\_ seconds.

Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

