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.