



TRUNK ROTATION WARM UPS

This exercise is ideal to warm up the low back muscles and loosen the lumbar joints. It is best done first thing in the morning, and before any heavy lifting and/or working. It is also good to do periodically, throughout the day if you spend a long time sitting.



Begin with your arms resting at your sides. Allow your arms to swing naturally as you begin to twist from side to side.



Maintain good posture throughout (standing straight up, head facing forward)

As your back warms up and loosens, you may want to start shifting your weight from leg to leg as you swing your arms. Let your feet pivot on the ball & toes for a deeper twist.