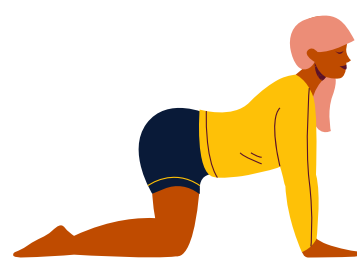


7 DAYS OF BACK STRETCHES for Desk-Bound Millennials



DAY 1: Cat-Cow Stretch

Start on hands and knees. Inhale, arch your back (cow). Exhale, round your spine (cat). Move slowly and repeat for 1–2 minutes.



DAY 2: Child's Pose (Balasana)

Kneel, fold forward, and stretch your arms in front of you. Breathe deeply into your lower back and hips.



DAY 3: Legs Up the Wall (Viparita Karani)

Scoot your butt close to a wall and extend your legs up. Hold for 3 minutes.



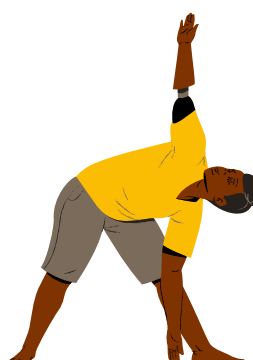
DAY 4: Low Lunge (Anjaneyasana)

Step one foot forward and lower your back knee to the ground. Keep your front knee stacked over the ankle and lift your chest, reaching your arms up.



DAY 5: Bridge Pose (Setu Bandhasana)

Lie on your back with knees bent and feet flat on the floor, hip-width apart. Press into your feet to lift your hips up, keeping your arms and shoulders grounded. Hold for 1–2 minutes.



DAY 6: Triangle Pose (Trikonasana)

Stand with feet wide apart, turn one foot out, and reach that arm down to your shin or the floor. Reach up with your opposite arm. Hold for 1 minute.



DAY 7: Chair Pose (Utkatasana)

Stand with your feet together, bend your knees like you're sitting in an invisible chair, and reach your arms up by your ears. Hold for 1 minute.

Ready to Feel Calm, Rested,
and More Like Yourself?

[#StretchTheStressOut Challenge](#)

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