

Twitter Thread by [Cardio Arena](#)

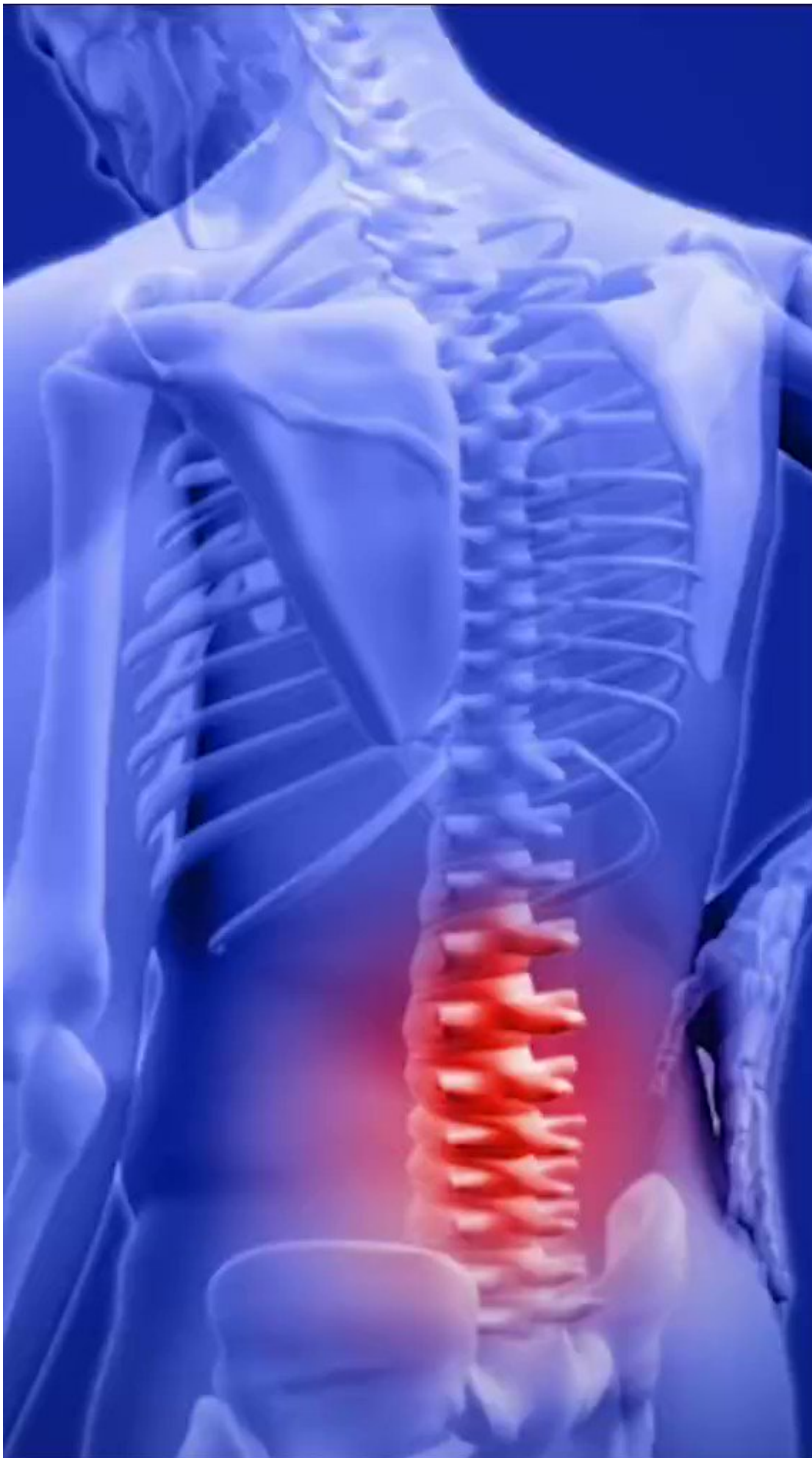
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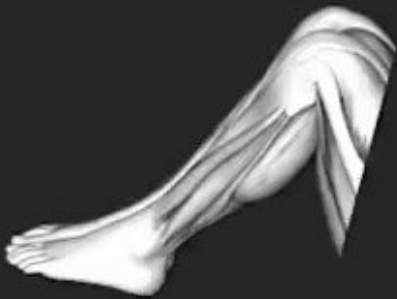
Exercises That Can Help Ease Back Pain

1. Knee To Chest



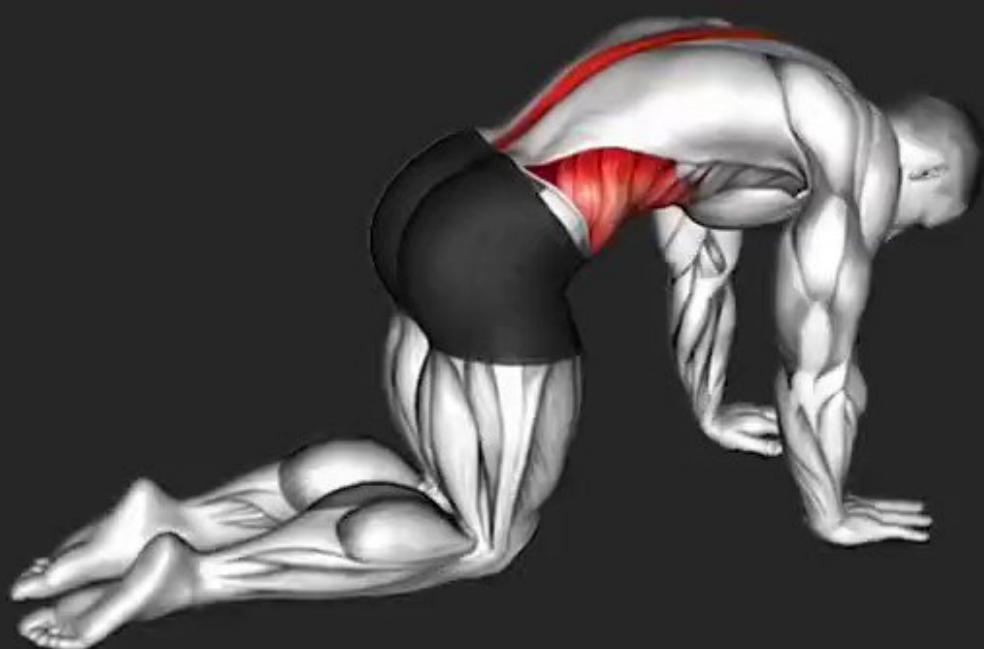
2. Supine Twist

2. Supine



3. Cat-Cow

3. Cat-Cow



4. Pelvic Tilt

4. Pelvic Tilt



5. Bird-Dog

