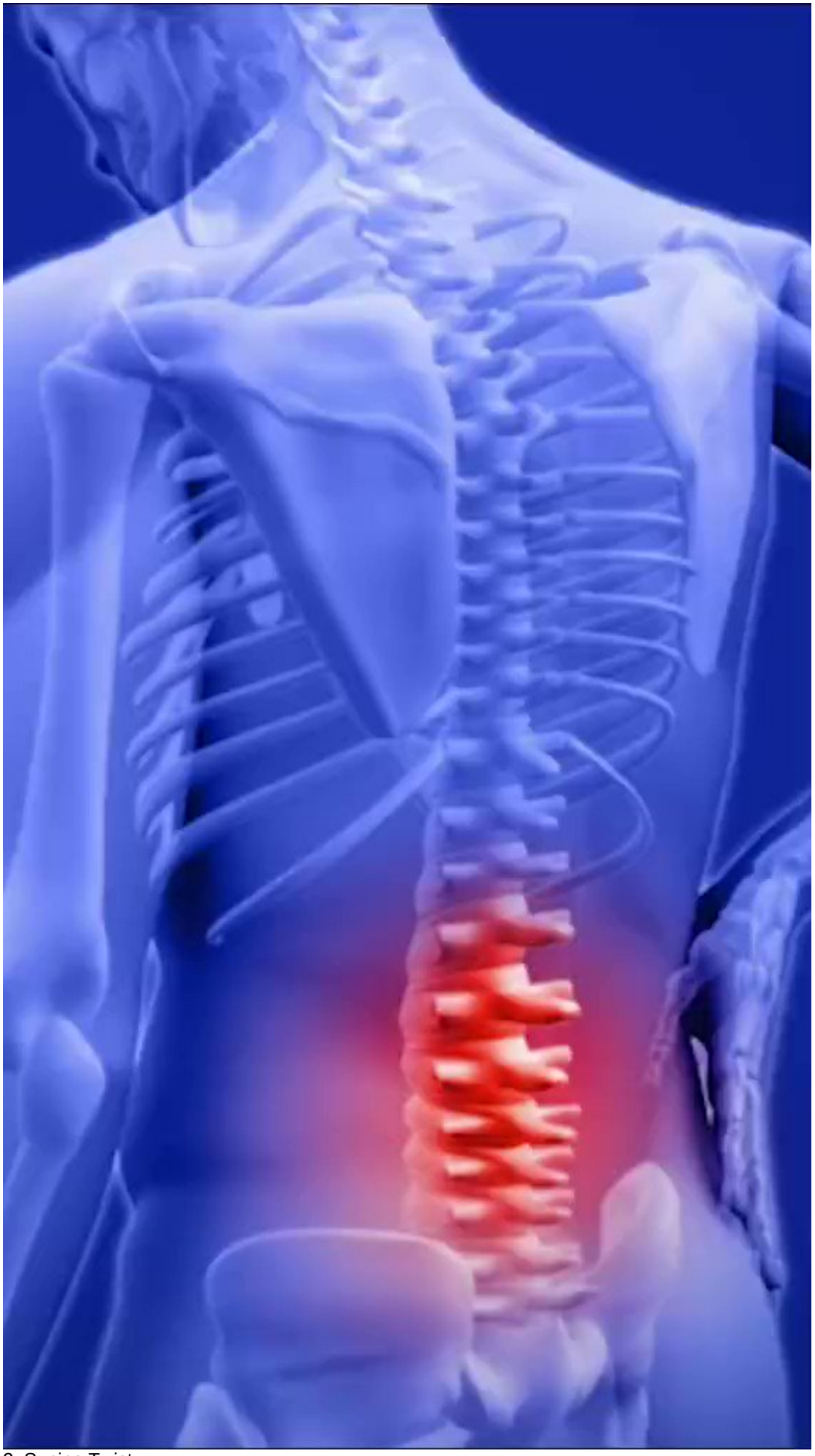
Twitter Thread by Cardio Arena



Cardio Arena
@CadioArena

Exercises That Can Help Ease Back Pain

1. Knee To Chest



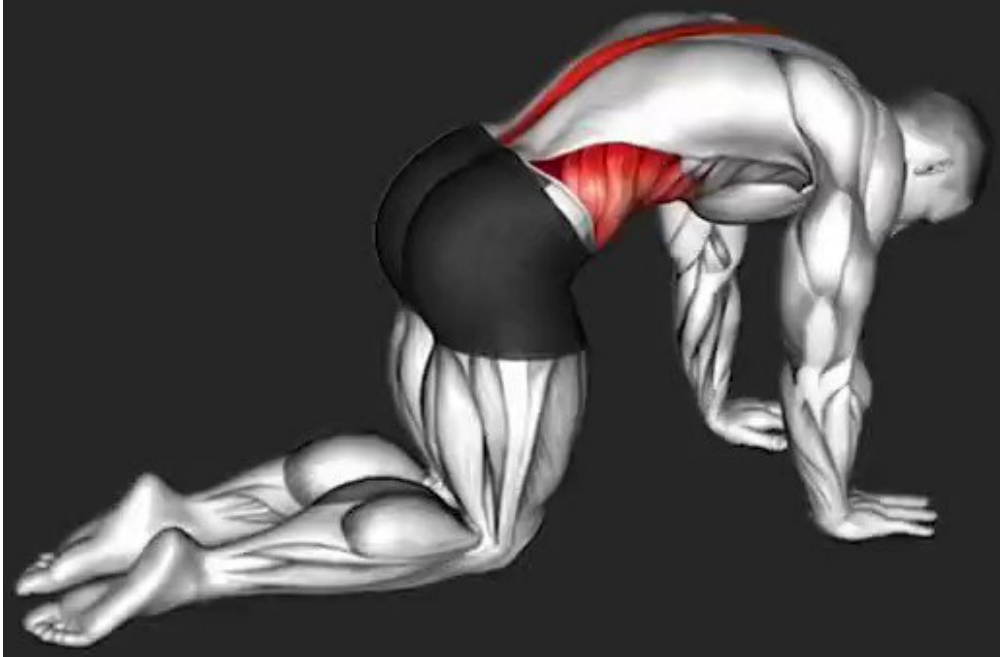
2. Supine Twist

2. Supin



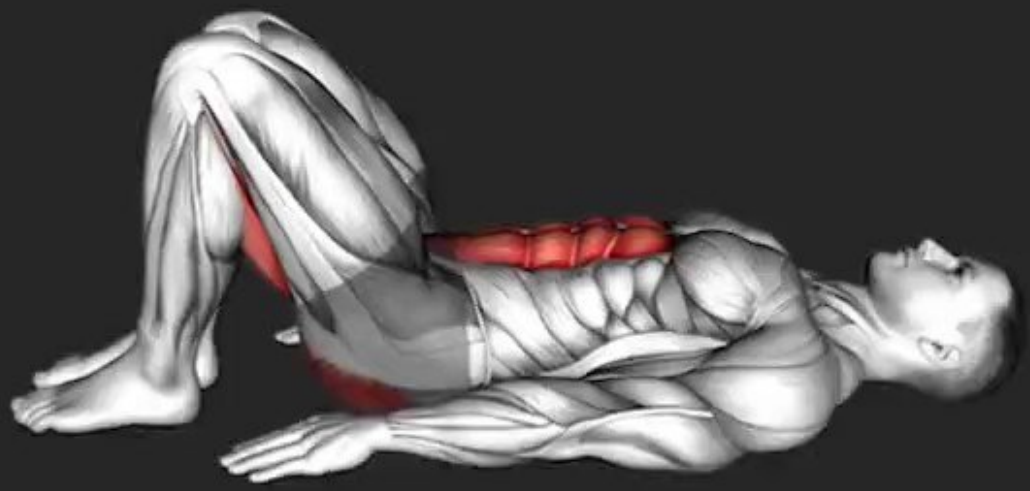
3. Cat-Cow

3. Cat-Cow



4. Pelvic Tilt

4. Pelvic Tilt



5. Bird-Dog

5. Bird-Dog

