

Twitter Thread by [Cardio Arena](#)



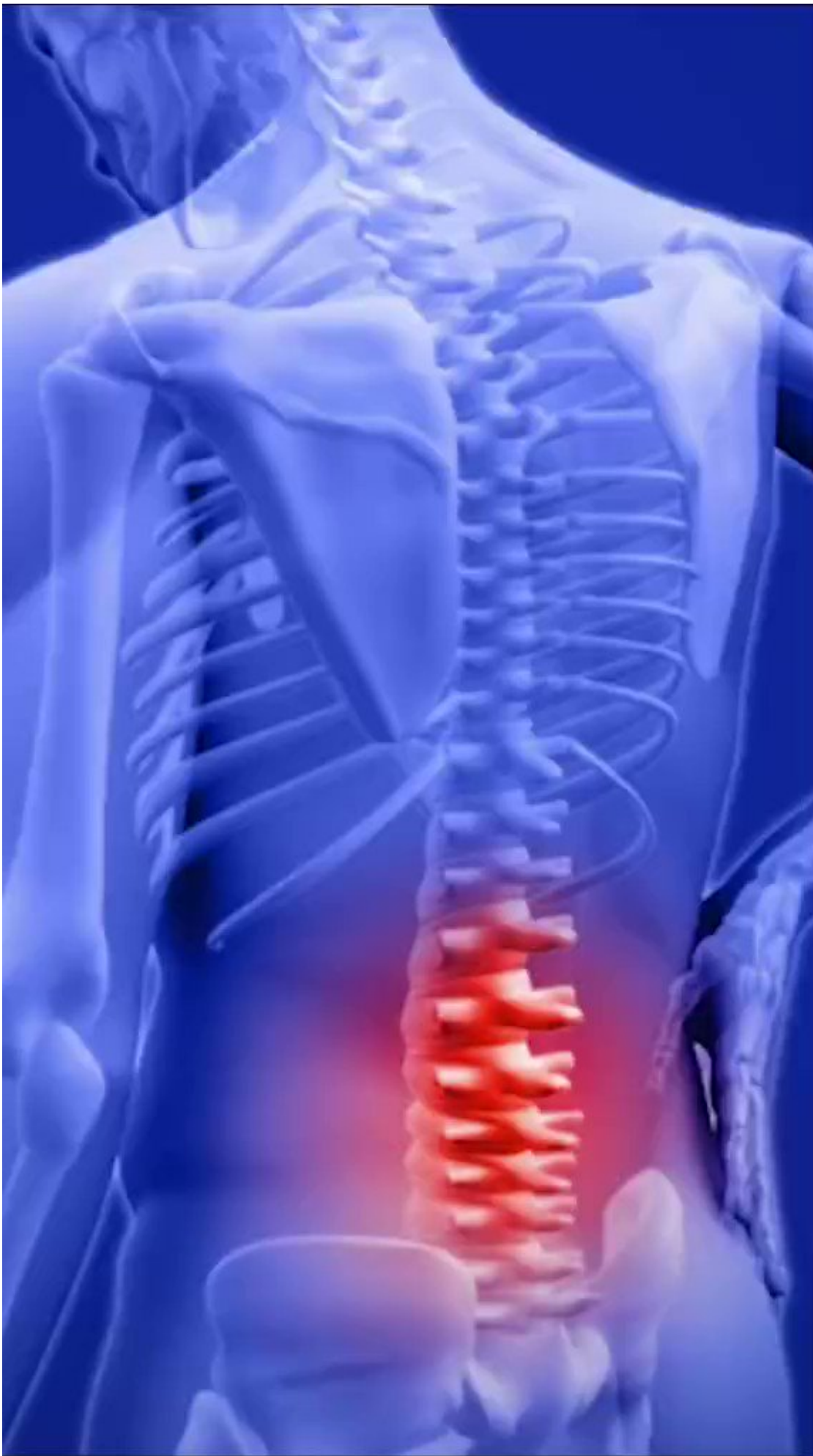
[Cardio Arena](#)

[@CadioArena](#)



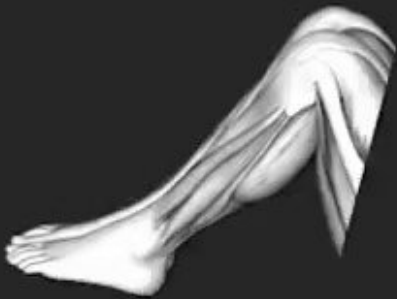
Exercises That Can Help Ease Back Pain

1. Knee To Chest



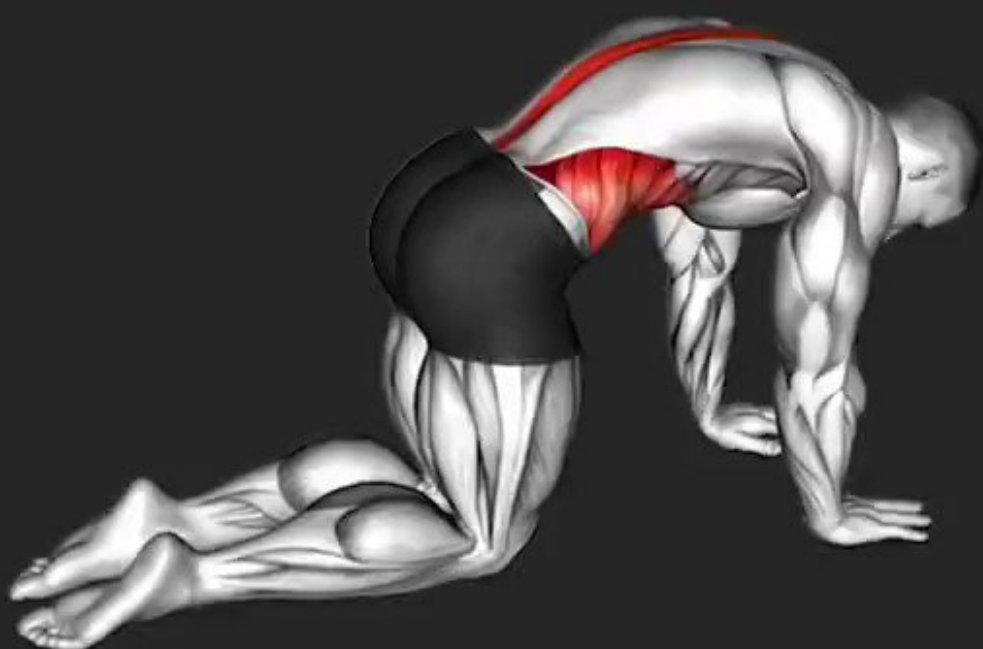
2. Supine Twist

2. Supine



3. Cat-Cow

3. Cat-Cow



4. Pelvic Tilt

4. Pelvic Tilt



5. Bird-Dog

5. Bird-Dog

