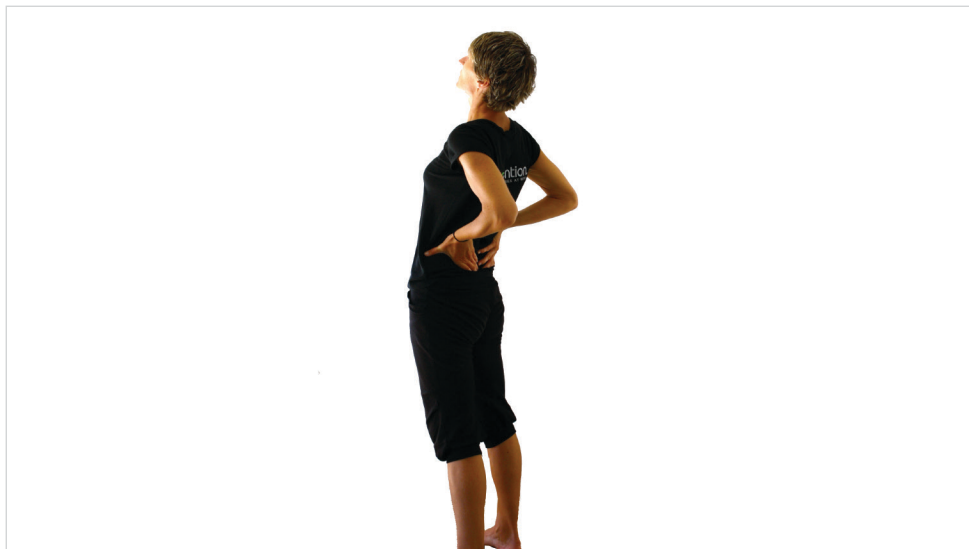


# SCRUM RECOVERY

## POSITION

1. Both hands lower back.
2. Squeeze butt muscles.
3. Arch back gently.



Take extreme care if you have a sore back. It only needs to be a small movement.

### Make sure:

- Work within comfort, don't push if back is sore.
- Squeeze butt muscles throughout exercise.

### Breathing:

- Breathe out as arch back.

### It is good for:

- Releasing tension in lower back.
- Improving disc health – which is impaired by sitting/bending for long periods of time.

