

## **BENDING AND REACHING**

Bending and reaching can put a severe stress on your low back. This is because as you bend and reach you also put a twist on your back that can easily tear low back ligaments. Instead, keep your back out of the reach by using a <u>Golfers Bend</u>. <u>Bridge to a solid object with one hand</u> while your <u>opposite hip does the pivoting</u>. That will keep you back from twisting and keep you safe!