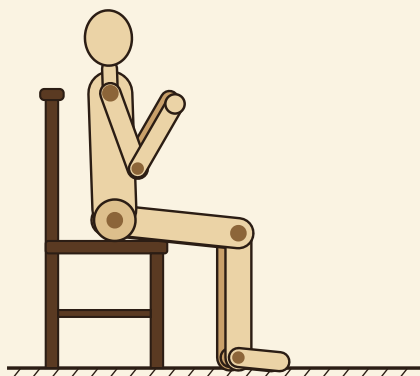


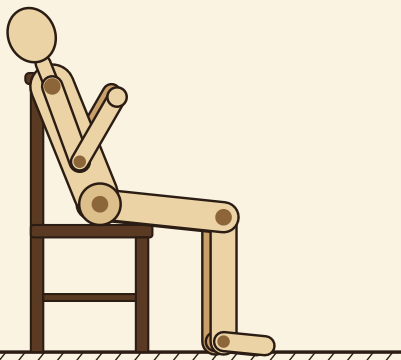


Seated lean-back

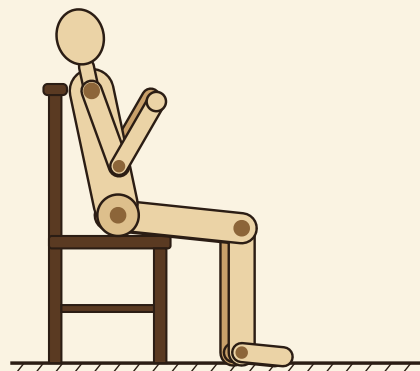
Strengthens the tummy muscles that hold you upright and protect your back. Done sitting down, so it's gentle.

**1 Sit tall**

Arms crossed over your chest.

**2 Lean back a little**

Back straight, tummy working.

**3 Come back up**

Sit tall, then go again.

The beat

2 seconds back, hold for 3, 2 seconds to sit tall. 8 lean-backs is one set. Rest a minute between sets.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat on the floor.
2. Cross your arms over your chest.
3. Lean back slowly, keeping your back straight, until you feel your tummy working.
4. Hold for three seconds, breathing normally.
5. Come back up to sitting tall.

Make it fit you

Easier

Lean back only a little, or keep your hands on the seat.

Harder

Hold for five seconds, or lean back a little further.

Back

Don't rest on the chair back, and stop if your back hurts.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/seated-lean-back/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.