

# ACTIVE WORKPLACE

## LOWER BACK

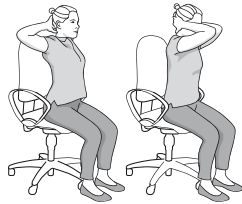


**movement24**  
Betriebliches Gesundheitsmanagement

**HYPEREXTENSION**



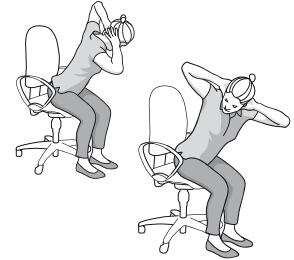
**BACK STRENGTHENING**



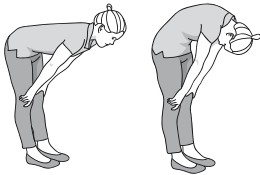
**ROTATION UPRIGHT**



**ROTATION PREVENTED**



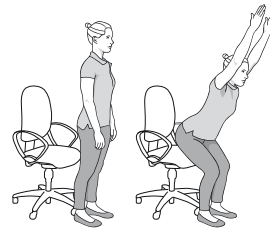
**BACK MOBILIZATION**



**HIP MOBILIZATION**



**BACK STABILIZATION**



**HIP STRETCH**

