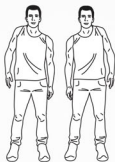


# BACK PAIN relief

WORKOUT by DAREBEE @ [darebee.com](https://darebee.com)



10 back and forth arches



10 alternate shoulder raises



10 shoulder rotations



10 torso twists



10 side-to-side bends



10 torso rotations