


BUIK**Onderrug tegen rugleuning**

Rechtop zitten met de onderrug tegen de rugleuning aan. Trek de navel in. Nek rechthouden. Buikspieren spannen aan. Effectief bij rugklachten.

- 10 tellen vasthouden
- 5 tellen ontspannen
- 10x herhalen

A woman with blonde hair, wearing a bright red blazer and black trousers, is kneeling on a wooden dock. She is adjusting a black office chair for a man. The man is wearing a dark blue suit and is sitting in the chair, facing her. They are outdoors, with a calm lake and a clear sky in the background. The text 'DeskFIT' is visible in the bottom left corner of the image.

DeskFIT 