

**BWS ROTATION** is an excellent way to mobilize your spine and stretch your body.

Start by lying on your back and placing your feet on the ground. Now cross your right leg over your left leg and tilt both legs to the right. Make sure your shoulder blades are firmly anchored on the NEURO.BORD to ensure optimal stability.

Hold this position for a few seconds and then switch sides by tilting your legs to the left. Repeat this process several times to gently stretch and mobilize your spine.

This exercise is also a great way to open up your hips and stretch your inner thighs. It's important that you focus on controlled breathing during the exercise to support your relaxation.

NEURO  
.BORD

