

# 3 minutes of exercise every day to keep your posture straight and protect your spine

Simple exercises that do not need this tool will help you regain a straight back position very effectively.

Walking, standing and sitting upright have become the needs of many people when the habit of sitting for hours in front of the computer and lazy to exercise makes the beautiful backs lose serious appearance, especially for women. However, just spend 3 minutes a day to practice according to the following exercise, you can rest assured that after just a while, the shape is "standard" as you want.

## Video tutorials on how to straighten straight back

An important note is that at first, it is best to apply this exercise 2 times a day (morning and evening) within 1 month to see the obvious change of posture.

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