

8 back pain relief exercises you can do right at your desk

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1. The miraculous effect of sitting down and standing up
2. 10 simple exercises that help improve posture at home
3. Workout exercises for 4 minutes work equally well with 1 hour of gym

Take a few minutes to do these back pain relief exercises several times a day to help relieve back pain, muscle aches and to relax your body quickly.

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