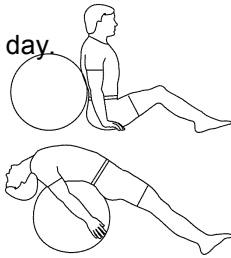


Exercise For a Strong Healthy Back

Back Stretch on Swiss Ball

- Sit on floor with shoulders on ball.
 - Slowly push backward, arching back over ball.
 - Return to start position and repeat.
- Perform 2 sets of 1 Repetitions, once a day.

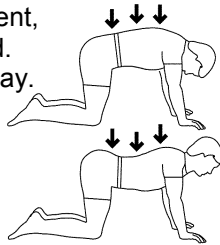
Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.



Cat Stretch

- Begin in 4 point kneeling, back in neutral position.
 - Tuck chin in and continue by rounding back upward one segment at a time.
 - Reverse by letting back arch one segment, at a time but keep neck neutral at the end.
- Perform 2 sets of 6 Repetitions, once a day.

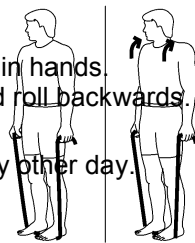
Hold exercise for 2 Seconds.
Rest 1 Minute between sets.



Shoulder Shrug with Rubber Band

- Stand, arms at sides.
 - Stand on elastic as shown, holding elastic in hands.
 - Raise shoulders upward towards ears, and roll backwards.
 - Return to start position.
- Perform 3 sets of 10 Repetitions, once every other day.

Use yellow Elastic.
Rest 1 Minute between sets.



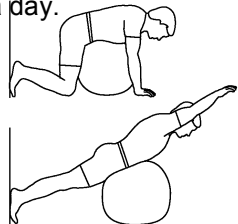
Superman Extensions with Ball

- Lie on ball, face down with knees bent and toes against wall.
- Straighten back while straightening legs and bringing arms out over head.
- Lower and repeat.

Special Instructions:

Keep back straight and do not arch back or raise head.
Perform 2 sets of 10 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.



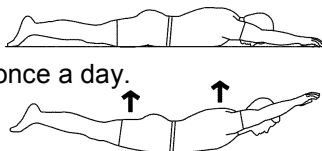
Superman Fly on Stomach

- Lie face down with arms outstretched over head as shown.
- Arch upward, raising arms and legs off floor.
- Return to start and repeat.

Special Instructions:

Progress by holding 2-3 seconds.
Perform 2 sets of 10 Repetitions, once a day.

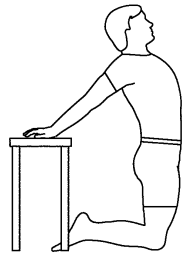
Hold exercise for 2 Seconds.
Rest 1 Minute between sets.



Chest and Hip Flexor Stretch with Bench

- Begin in tall kneeling position.
- Have chair behind you.
- Reach back and place hands on chair.
- Bend backwards lifting chest upward and squeezing shoulder blades together.

Perform 1 set of 1 Repetition, once a day.
Hold exercise for 20 Seconds.

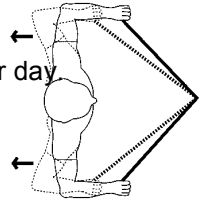


Shoulder Squeeze with Rubber Band on Door

- Position arms out from sides, elbows bent to 90 degrees, as shown.

- Pull back, bringing shoulder blades together.
 - Return to starting position.
- Perform 3 sets of 10 Repetitions, once every other day.

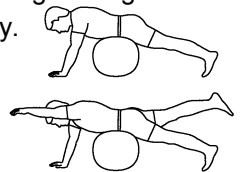
Use yellow Elastic.
Rest 1 Minute between sets.



Bird Dog – Alternating Arms and Legs

- Begin lying with hips over ball as shown.
 - Extend the right leg while lifting the left arm.
 - Hold 2-3 secs.
 - Return to start position and repeat with left leg and right arm.
- Perform 2 sets of 10 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.



Swimmer – Alternating Arms and Legs

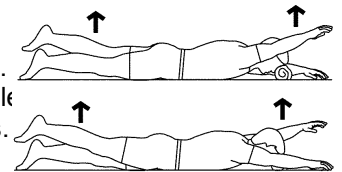
- Lie face down, with towel roll under forehead, and arms outstretched over head.

- Raise left arm and right leg off floor.
- Lower and repeat with right arm/left leg.
- Return to start and repeat the series.

Special Instructions:

Progress by holding 2-3 seconds.
Perform 2 sets of 10 Repetitions, once a day.

Hold exercise for 2 Seconds.
Rest 1 Minute between sets.



Aquaman Pose

- Lie face down with arms at side.
- Squeeze shoulder blades together and tuck chin in.
- Arch upward, raising shoulders and chest off floor.
- Return to start and repeat.

Special Instructions:

Keep chin in. Progress by holding for 2-3 secs.
Perform 2 sets of 10 Repetitions, once a day.

Hold exercise for 2 Seconds.
Rest 1 Minute between sets.

