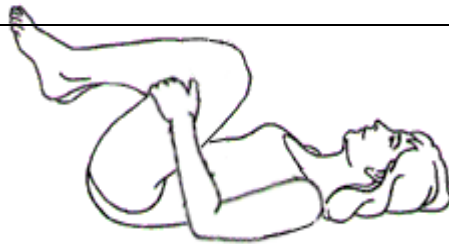


Stretch and Strengthen



LIE ON YOUR BACK WITH YOUR KNEES BENT. CROSS ONE LEG OVER THE KNEE OF THE OTHER LEG. LET THE LEGS STRETCH TOWARD THE FLOOR AND OBTAIN A ROTATIONAL STRETCH OF THE LOWER BACK.

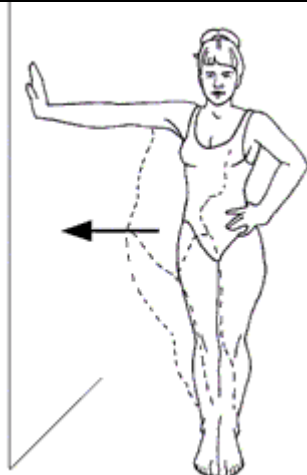
Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



PULL BOTH KNEES IN TO CHEST UNTIL A COMFORTABLE STRETCH IS FELT IN THE LOWER BACK AND BUTTOCKS. KEEP THE BACK RELAXED.

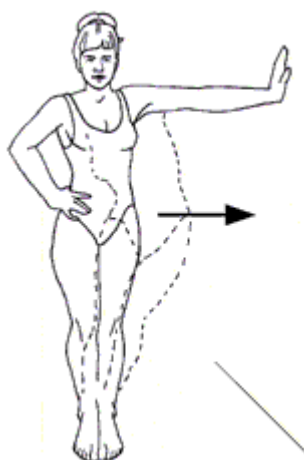
Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		

Continued...



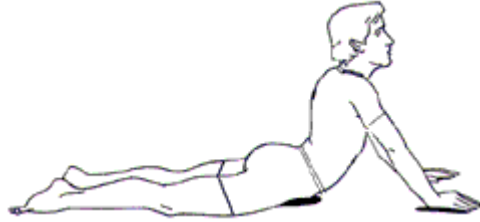
WITH THE RIGHT HAND ON THE WALL AND THE LEFT HAND ON THE HIP SLOWLY STRETCH THE HIPS TOWARD WALL. STAND UP TALL AND KEEP THE ARM STRAIGHT WHEN PERFORMING THIS EXERCISE. DO NOT TWIST.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



WITH THE LEFT HAND ON THE WALL AND THE RIGHT HAND ON THE HIP SLOWLY STRETCH THE HIPS TOWARD WALL. STAND UP TALL AND KEEP THE ARM STRAIGHT WHEN PERFORMING THIS EXERCISE. DO NOT TWIST.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



PRESS UPPER BODY UPWARD INTO POSITION SHOWN KEEPING HIPS IN CONTACT WITH FLOOR. KEEP LOW BACK AND BUTTOCKS RELAXED.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		