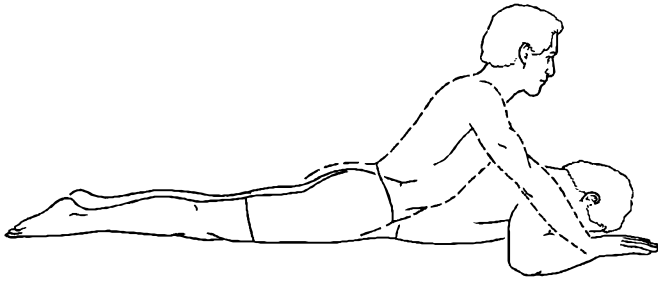


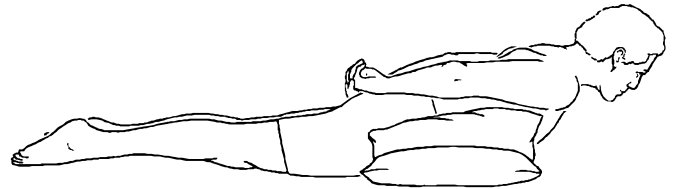
BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 5 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

BACK - 3 Upper Body Extension

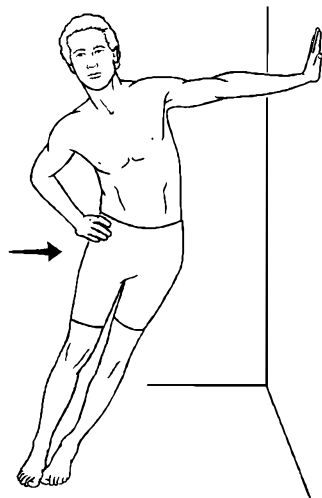


With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

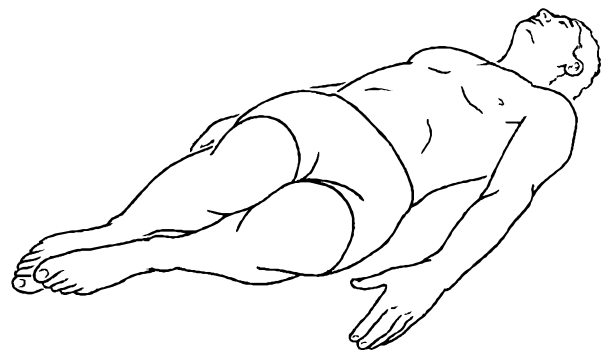
BACK - 6 Wall Lean Stretch

With hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold 5 seconds. Relax.



Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

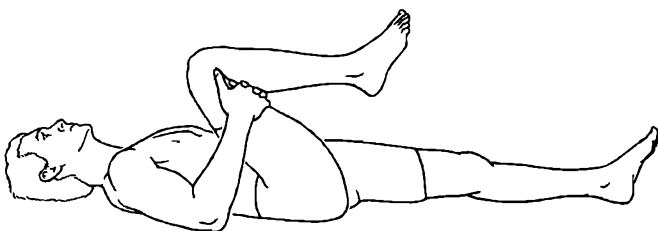
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to side. Hold 5 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

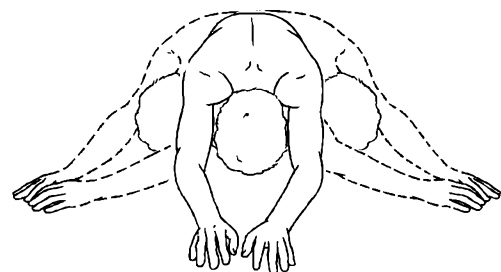
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

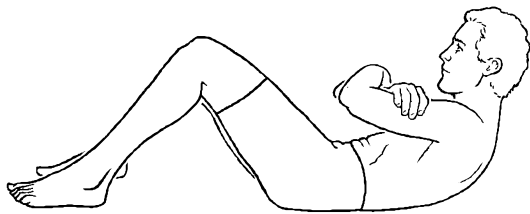
BACK - 21 Mid-Back Rotation Stretch



Reach to each side as far as possible, keeping chest low to floor. Hold 5 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

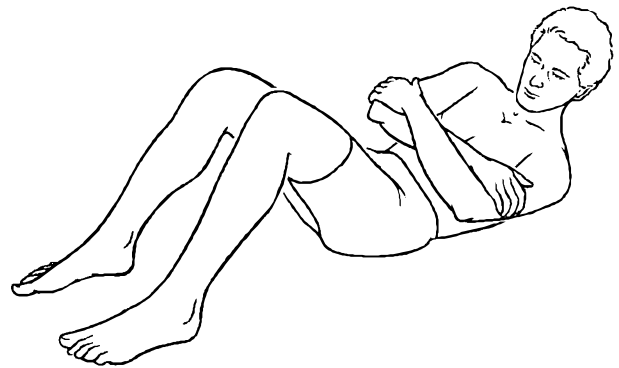
BACK - 25 Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat 20 times per set. Do 1 sets per session.
Do 1 sessions per day.

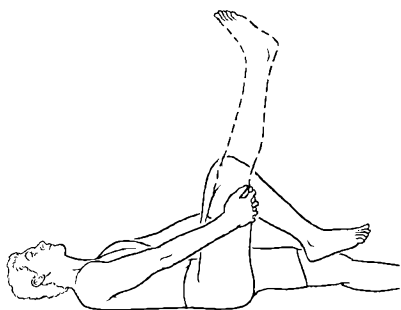
BACK - 26 Diagonal Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating.

Repeat 20 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 34 Hamstring Stretch: Active



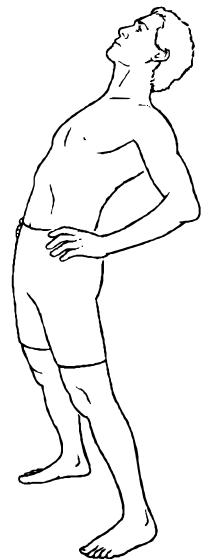
Support behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 15 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

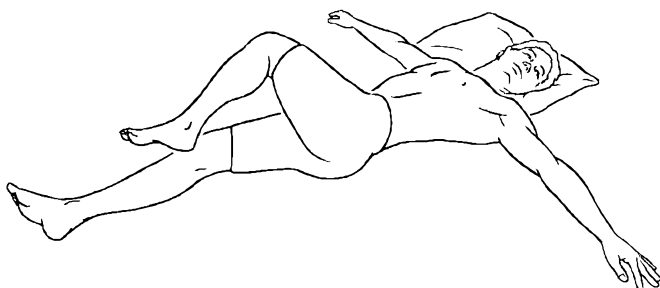
BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper. Hold 5 seconds.

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.



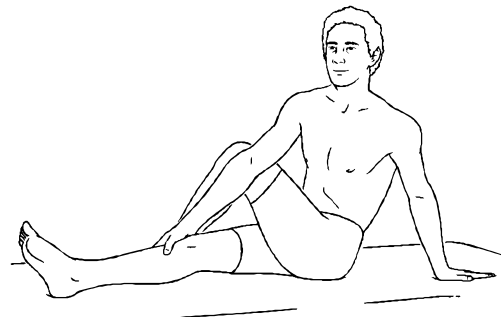
BACK - 54 Lumbar Rotation Stretch



Lie on back with knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

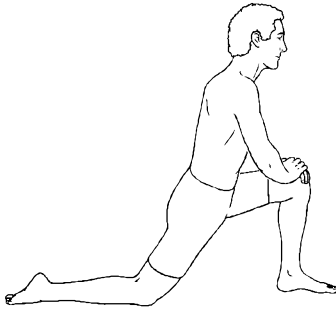
HIP / KNEE - 35 Stretching: Piriformis



Cross leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip.
Hold 10 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 48 Piriformis (Supine)



Cross legs, one on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.
Hold 10 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.