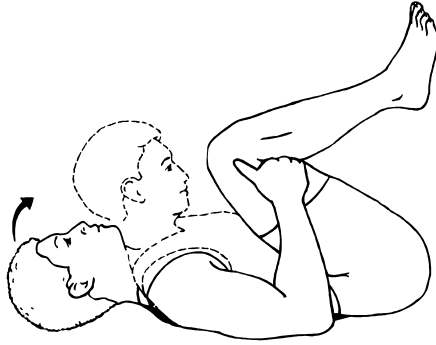


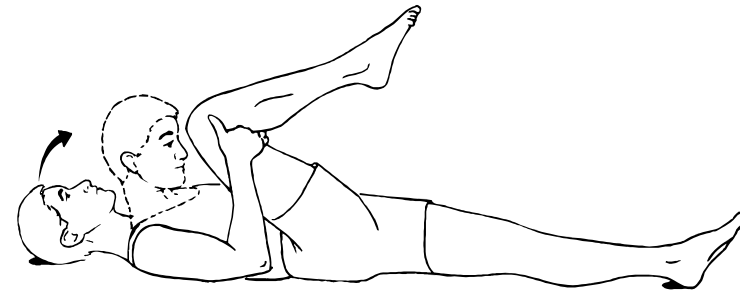
LOWER BACK - 5 Extensors / Gluteal



Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 5 seconds.

Repeat 5-10 times. Do 1 sessions per day.

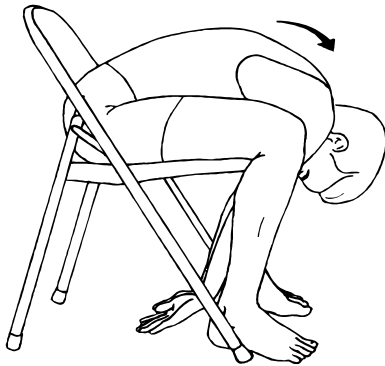
LOWER BACK - 4 Extensors / Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 5 seconds. Repeat with other knee.

Repeat 5-10 times. Do 1 sessions per day.

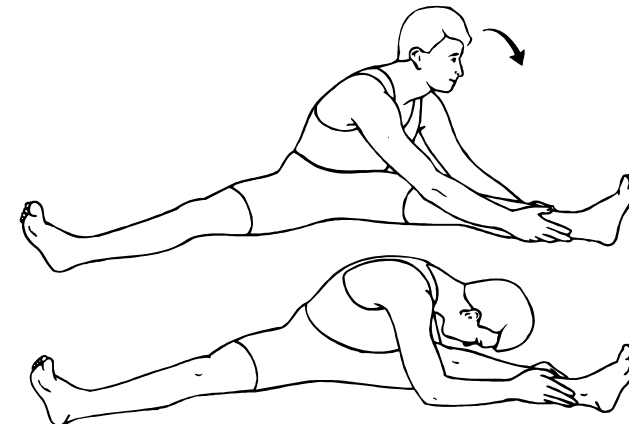
UPPER BACK - 1 Upper and Mid Extensors



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 5 seconds.

Repeat 10 times. Do 1 sessions per day.

HAMSTRINGS - 6 Side Bend



With feet apart, pull head toward knee until stretch is felt. Hold 5 seconds. Repeat toward other knee.

Repeat 5-10 times. Do 1 sessions per day.