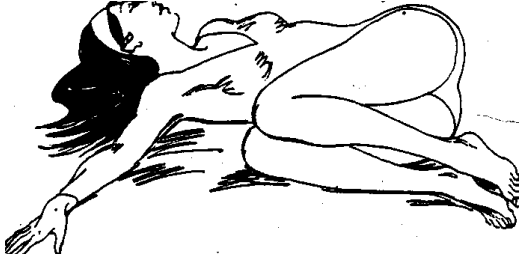
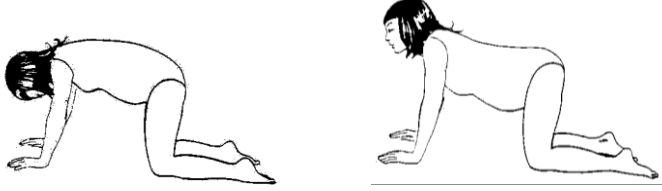
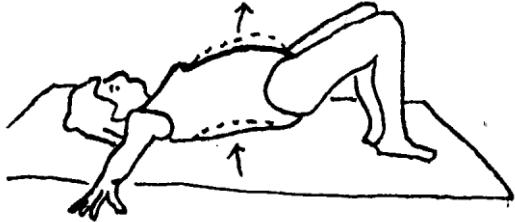
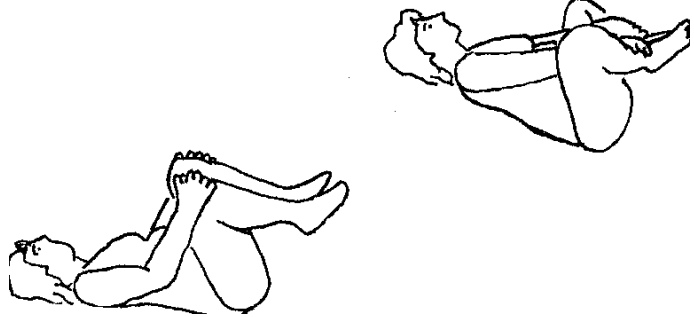




Back Exercises

<p>Knee-Chest Twist</p> <ul style="list-style-type: none"> • Lie on your back on a firm surface and pull your knees to your chest. • Stretch your arms straight out to the sides. • Roll your knees to one side while turning your head to the opposite side. Feel your spine stretch. • Switch sides and repeat. 	
<p>Pelvic Tilt</p> <ul style="list-style-type: none"> • On your hands and knees, arch your back up like a cat, then relax to a flat (not hollow) back. • You can also do this exercise standing against a wall. Press your lower back against the wall. 	
<p>Bridge</p> <ul style="list-style-type: none"> • Lay on your back with your arms out to the side, feet hip distance apart. Flatten your back against the floor. • Lift your bottom as high as you can to make a straight line. Keep your weight on your shoulders and feet. Do not overarch your back. • Hold this position and point your toes so the balls of your feet are off the floor. Hold for 30 seconds, then flatten your feet. Continue holding the bridge for as long as comfortable. • Lower your back starting from your neck down to your lower back as slowly as possible. Take up to 1 minute to lower down. Move your head from side to side to release tension. 	
<p>Lower Back Rocker</p> <ul style="list-style-type: none"> • Bring each knee to either side of your stomach. With your hands below your knees, gently rock side to side to massage the lower back. • Place the soles of your feet together with knees to sides and hands on your ankles, if you can. Gently rock side to side. • After rocking for 1-2 minutes lay on your left side and take 1-2 deep relaxing breaths 	

<p style="text-align: center;">Twisting</p> <ul style="list-style-type: none"> • Both sit with your backs touching, knees bent and ankles crossed (or with the soles of your own feet together). • Stretch your arms out sideways and clasp your partners hands. • Twist your body and arms from side to side. Turn your head and eyes too. Keep firm contact between your backs. 	
<p style="text-align: center;">Side Bending</p> <ul style="list-style-type: none"> • Both sit with your backs touching, knees bent and ankles crossed (or with the soles of your own feet together). • With arms outstretched and hands held, bend from side to side. • Go right over onto your elbow if each of you can keep both buttocks on the floor. Remember to maintain the pressure between your backs. 	
<p style="text-align: center;">Relaxation</p> <ul style="list-style-type: none"> • Sit back to back with good contact between the lower back. • One partner leans forward to support the other, who leans back, with head and shoulders supported, opening the chest. 	